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T H E
W O R K S
O F
THOMAS SYDENHAM, M. D.

O N
ACUTE AND CHRONIC DISEASES;
WHEREIN THEIR
HISTORIES AND MODES OF CURE,
AS RECITED BY HIM, ARE DELIVERED
WITH ACCURACY AND PERSPICUITY.

TO WHICH ARE SUBJOINED

N O T E S,
CORRECTIVE AND EXPLANATORY,

FROM THE MOST EMINENT MEDICAL WRITERS;

ADAPTING THE WHOLE TO THE PRESENT IMPROVED STATE OF PHYSIC,
AND SHewing UNDER WHAT
CLASSES, ORDERS, AND GENERA,
MOST OF THE COMPLAINTS TREATED OF ARE ARRANGED BY
N O S O L O G I S T S:

WITH A VARIETY OF ANNOTATIONS BY

G E O R G E W A L L I S, M. D.

V O L. II.

Naturæ servus fuit sapientissimus—

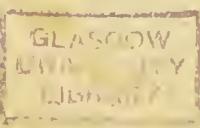
— Cui, pudor, & justitiae soror
Incorrupta fides, nudaque veritas
Quando ullum invenient parem? —

HOR. CARM. XXVI.

L O N D O N:

PRINTED FOR G. G. J. AND J. ROBINSON, W. OTRIDGE,
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M.DCC.LXXXVIII.



S Y D E N H A M

o n

D I S E A S E S.

*An EPISTLE of Dr. HENRY PAMAN to
Dr. SYDENHAM.*

Worthy Sir,

THE healing art hath been greatly improved by your complete history of *acute diseases*, founded upon diligent observation, and faithful experience; and written with an upright and honest view, and not to acquire riches or fame: for you are satisfied with having done your duty, and serving the present age to the best of your ability. I have hitherto concealed my desires, but it may be you have long imagined what I am going to request. He that commends your works, incites you to do something which may still add to your reputation. It is a most difficult task to treat of *acute diseases*, because they terminate so speedily, that, unless they be seasonably checked, life is imminently endangered thereby; no medicines being afterwards powerful enough to prevent death: but you have enumerated their symptoms, and directed what is necessary to be done in every exigency. In effect, your essays on this subject are a finished performance, and could admit of no addition, had not you promised us a treatise of *chronic diseases*, which may be respited, and allow time for inquiry.

VOL. II

A

W e

An Epistle of Dr. Henry Pāman, &c.

We have frequently conversed together about the *venereal* disease, of the infamous origin of which the *Europeans* solicitously endeavour to clear themselves, and, to make its traces still more obscure, banish it to the remotest *Indies*. It is a fit punishment for the unbridled lust of the lascivious, and perhaps the cure is attended with greater difficulty, that the repentance may be proportioned to the crime. And he seems to have been touched with a sense of humanity and sin at the same time, who openly wished that this foul distemper might be but once cured.

But as the treatment of it often falls to the share of empirics, barbers, and such unskilful persons, they either fraudulently or ignorantly prolong it for such a length of time, to the great expence and greater affliction of the patient, that life becomes burdensome to him through the violence and tediousness of the proceſs, and the disease a less evil than the cure.

I intreat you, therefore, as a friend, to fulfil your promise, and publish your remarks on this disease first, as an earnest of the rest. Inform us truly by what method and medicines it may be cured ; for it is enough for the patient to be punished by the Supreme Being, and not to be tormented more severely by his physician. Such a work would be well received by many persons ; and I should have some share of the praise that will thence accrue to you, on account of your publishing it at the request of,

SIR,

Your most obedient servant,

Lambeth House,
Feb. 12, 1679-80.

H. PĀMAN.

Dr.

Dr. SYDENHAM's Answer to HENRY PAMÁN,
M. D. Fellow of St. John's College in Cam-
bridge, public Orator of that University, and
Professor of Physic in Gresham College; contain-
ing the History and Treatment of the Venereal
Disease.

Worthy Sir,

1. THOUGH in civility to me you oblig-
ingly term my late treatise on *acute diseases* The au-
thor's most
desty. a finished performance, yet so conscious
am I of my own inability and its defects, that I
reckon I have only pointed out the way, by
which men of greater abilities may investigate
the history and cure of these diseases.

—Let me sharpen others, as the hone
Gives edge to razors, though itself has none.

FRANCIS'S HORACE.

2. And, in reality, so various, uncertain, and How na-
ture acts in
producing subtile is nature's procedure in the production acute dis-
eases, hard
to be dis-
covered. of these diseases, that the oldest physician living
is not able scientifically to describe their dif-
ferent symptoms, and proper methods of cure. covered.
Such a work would afford sufficient employ-
ment for any ten physicians succeeding each
other for as many ages, and those also men of
eminent parts, indefatigable industry, and of a
very great practice, which may furnish them
with numerous observations; so far am I from
having attained, or imagining I ever shall at-
tain, the art of physic.

3. As to these *chronic diseases*, the history Difficult to
treat of chro-
nic diseases. whereof I promised you to write, my thoughts
are so taken up with it, that if I know my own

A 2 mind,

mind, I do not so much wish to have my life prolonged for any other reason, as that of being serviceable to mankind in this way. But daily experience convinces me how difficult and hazardous an undertaking this is, especially for me, whose abilities are unequal to the task; for among medicinal writers, excepting *Hippocrates*, and a very few others, we meet with little to assist us in our inquiries into so intricate a subject; the assistance and light which authors promise, being rather false than true lights, which tend to mislead, and not to direct the mind in its researches after the genuine procedure of nature. Most of their writings are founded upon *hypotheses*, and the result of a luxurious imagination; and the symptoms of diseases (wherein their true history consists) as described by them, appear to be deduced from the same source; and the method of cure, also, is derived from the same fictitious principles, and not from real facts, and thus becomes most destructive to mankind: so full of specious reasoning is every page of the writings of such superficial men, whilst the directions of nature are overlooked. But notwithstanding these obstacles, if God prolongs my life, and I can find leisure, I may perhaps put my abilities to the test. In the mean while, to convince you of my readiness to serve you, I present you with this short dissertation on the *venereal disease*, as a specimen of the whole; it being the only one I have yet prepared for the press.

The History and Treatment of the Venereal Disease.

4. But in the first place I must observe that I have met with several, who either with a good intent, in order to deter the incontinent from their vicious practices, by the apprehension of the succeeding punishment, or to acquire the character of chaste persons themselves, have not scrupled to assert that the cure of the *venereal disease* ought to be kept secret. But I cannot be of their opinion; because I conceive that there would be very little room left for charity, or doing good offices, unless the misfortunes which thoughtless persons bring upon themselves by their own fault, were to be alleviated with humanity and tenderness. It belongs to God to punish the offence, but it is our duty to assist the distressed, and relieve the diseased to the best of our power, and not to make too strict an inquiry into the cause of the evil, and irritate them by our censures. For this reason, therefore, I will deliver what I have observed and experienced in this disease; not that I intend to make men's minds more vicious, but to cure their bodies, which is my province.

5. *The venereal disease was first brought* from the West Indies into Europe, in the year 1493,* Whence and at what time brought for to Europe.

* *The venereal disease was first brought, &c.* It seems pretty obvious that this disease was not known to the Greeks and Romans, for though local complaints of the genitals, greatly resembling some of those we sometimes see dependent upon the venereal virus, have been described by AETIUS, PAULUS of AEGINA, and CELSUS, yet none

for before that time the very name of it, as far as we can collect, was unknown amongst us; whence this disease is generally reputed to be *endemic* in those parts of *America* where we first planted

of these are marked as contagious, as propagated by coition; or as producing symptoms like those originating from the venereal virus, when absorbed, and diffused through the system. However, Dr. SWEDIAUR informs us in a recent publication, that a few centuries after the lues made its appearance, and shews us from the works of Dr. Hensler on the History of the Lues Venerea, vol. i., Altona, 1783. "That besides the law given in the manuscript statutes, *De Disciplina Lupanaris publici Aveniorenis* (Avignon) made in the year 1347 by Queen Joanna I. : LANFRANCUS, and more especially SALICETUS in the thirteenth century, mentioning ulcers, pustules, cancers of the glans penis arising *post coitum cum muliere fœdâ*: in the fourteenth century may be found in GORDON, ARNOLDUS DE VILLANOVA, and particularly GUIDO DE CHAULIAC, one of the first surgeons who wrote in the middle of that century, excoriations, burnings, corrosive and putrid ulcers, mentioned as arising *propter decubitum cum muliere fœdâ*; and from BECKET, something on this subject, who says, In an old manuscript, written about the year 1390, I have by me, there is a receipt for *brenning of the pyntell*, yat men call ye *ape galle*; *galle* being an old English word for a running sore. They who know the etymology of apron cannot be ignorant of this. And in another MS. written about fifty years after, is a receipt for burning in that part, by a woman."

There are also two English statutes about bawdy-houses, one of 1163, says, "No stew-holder to keep any woman that hath the perilous infirmity of burning." And another of 1430, written upon vellum, which was preserved in the court of the bishop of Winchester, beginning thus, "Herc begynne the Ordinances, Rules, and Customis, as well for the *Saluation of Manne's Life* as for to aschewe many mischeifs, and inconvenients, &c." There is a law, with a penalty of a hundred shillings, a great sum for the time, if any stew-holder keeps women in his house, *habentes nefandam infirmitatem*, as it is afterwards translated, Having any sickness of brenning. However when the venereal disease first appeared in Europe is difficult and perhaps impossible

planted our colonies. But to me it rather *seems to have taken its rise** from some nation of the blacks upon the borders of *Guinea*; for I have been informed by several of our countrymen of great veracity, who lived in the *Caribbee* islands, that the slaves which are newly brought from *Guinea*, even before they land, and likewise those that live there, are afflicted with this disease, without having known an infected woman; so that it frequently seizes whole families, both men, women, and children. And, as far as I can learn, this disease, which so frequently attacks these miserable people, does not at all differ from that we call the *venereal disease*, with Called the respect to the symptoms, viz. the pains, ulcers, *yaws* in &c. allowing for the diversity of climates; though of *America*. some parts

fible to determine; but so much is certain that this new disease broke out towards the end of the fifteenth century, between the years 1484 and 1494; and from the several writers of those times, and the critical inquiries made by Dr. *SANCHEZ*; and more particularly by Dr. *HENSLER*, it is highly probable that this disease had existed really in Europe, several years before *COLUMBUS* first returned from the *Caribbee Islands*.—*Swediaur's Observations on the Venereal Disease. W.*

* *Seems to have taken its rise, &c.* This notion is directly contrary to matter of fact; for it is certain that no blacks were transported into *Hispaniola* before the year 1503. But this disease was contracted by the *Spaniards* in *Hispaniola* in the year 1493, was carried into *Spain* the same year, or in the year following, and from thence into *Italy* in 1494, 1495, where it infected the *French* and *Neapolitans*, and by them was soon after spread all over *Europe*.—*ASTRUC of the Ven. Dis. the English translation, vol. i. book 1. chap. 11.*

notwithstanding what we say here of the excellent virtue of *guaiacum* and *sarsaparilla* in those places where they grow, which is judged to be nearly lost in their long passage to us.

The *Spaniards* supposed to have got it by contagion;

Grows gentler daily in Europe.

6. It seems probable therefore to me, that the *Spaniards*, who first brought this disease into *Europe*, were infected with it by contagion communicated from the *Negroes* which they purchased in *Africa*, in some part whereof this disease may be *endemic*: for the barbarous custom of exchanging the natives with the *Europeans* for merchandize prevails in many places upon the borders of *Guinea*. However this be, this contagious distemper, spreading by degrees, so infected these parts, that if it had proceeded with the same rapidity wherewith it began, it would in a few ages have destroyed mankind, or at least have made the world an hospital, and rendered its inhabitants entirely unfit for the discharge of every social duty; but, like vegetables, being transplanted from its native place to a foreign climate, it flourishes less in *Europe*, languishes daily, and its symptoms grow gradually milder. For at the first appearance thereof, when a person was seized with it, it quickly infected the whole mass of blood, occasioning violent pains of the head and limbs, and discovered itself by ulcers in various parts: but it is an hundred years since it first manifested itself by a kind of *virulent gonorrhœa*, which sort of appearance it yet retains, endeavouring to go off by this discharge; and it is attended with no other apparent symptom, except in some few persons, who are seized in the beginning with a small ulcer of the *pudenda*, commonly called a *shanker*, the virulence wherof, not being expellable

pellable by a *gonorrhœa*, immediately affects the blood.

7. *This disease is propagated*,* either (1.) by ^{How pro-} generation, whence it is communicated to the ^{pagated.} infant by one of the infected parents; or (2.) by touching some soft part, by means whereof the virulence and inflammation are communicated to the body, in the following manner; as (1.) by sucking; thus the child may infect the nurse by the fine pores of the nipples of the breast; or the nurse the child by its tender mouth. (2.) Children may gain the disease by lying in bed with infected persons. For though grown persons, whose flesh grows firmer with age, can scarce be infected by this means, without impure coition, yet the flesh of children being of a softer and finer texture easily admits the infection; which I have known got by lying in bed with infected parents. (3.) The touching

* *This disease is propagated, &c.* It is universally allowed at this time almost, that the disease is communicated by contact alone. Dr. Swediaur enumerates five ways, which may all be involved in this:

1st. By the coition of an healthy person, with another who is infected with venereal symptoms of the genitals.

2d. By the coition of an healthy person, with another apparently healthy, in whose genitals the poison lies concealed without having yet produced any bad symptoms.

3d. By sucking; in this case the nipple of the nurse may be infected by venereal ulcers in the mouth of the child; or the nipples of the nurse being infected, will occasion venereal ulcers in the child's mouth, nose, or lips.

4th. By exposing to the contact of the venereal poison any part of the surface of the body, by kissing, touching, &c. especially if the parts so exposed have been previously excoriated, wounded, or ulcerated by any cause whatever.

5th. By wounding any part of the body with a lancet or knife infected with the venereal virus.—*Observations on the Venereal Disease.—W.*

of a soft part, especially in impure coition, which is the most usual way of gaining the disease; for the *penis* being turgid with spirits designed for generation, readily imbibes the infection, from a venereal ulcer, or pustule in the *vagina*; both which lying hid in the body, the woman may nevertheless seem to be sound; the venom being so detained by the moisture of these parts, as to infect the blood very slowly, or, which oftener happens, being diluted, or in part expelled, by the menstrual purgations.

What part
first attack-
ed thereby.

8. This infection, in my opinion, first attacks the fleshy substance of the *penis*, which it corrupts, first occasioning an inflammation, and afterwards, by degrees, an ulcer, from which* the matter that appears in a *gonorrhœa*, distils slowly

* *And afterwards by degrees an ulcer, from which, &c.*
For the production of such a discharge there is no necessity for supposing an ulcer existing, which is very rarely the case. It arises from inflammation and irritation most commonly, as has been clearly manifested by dissections of persons who have died with this disease upon them. Dr. SWEDIAUR has very properly rejected the term *GONORRHœA*, and adopted another infinitely more descriptive; for it is not the flow of semen which constitutes this discharge, as must be understood by this term; but a puriform mucus, such as generally flows from inflamed surfaces; he therefore calls it, *BLENO-RHAGIA*, which he describes,

IN MEN, A titillation, particularly in the anterior part of the urethra, in the lacuna of Morgagni, under the *frænum*; a local inflammation after the second or fourth day succeeding with heat, and pain in making water; a weeping of purulent or puriform matter coming on from the urethra; the *corpus cavernosum* of the urethra being preternaturally swelled, attended most commonly with erections of the penis more frequent than usual, and painful.

IN WOMEN, A titillation at the external orifice of the *vagina*, pain, redness, and preternatural tumour succeeding after the second or fourth day; particularly near the lower part

slowly into the *urethra*. I am inclined to believe this is the case, because I have seen such a virulent matter ooze from the porous substance of the *glans*, and not discharged from the *urethra*, and there has been no ulcer, either in the *prepuce* or *glans*, but at length penetrating deeper, it usually occasions an ill-conditioned ulcer of the *prostatae*; which is frequently found in the bodies of such as perish by this disease.

9. This disease proceeds in the following manner: The patient, sooner or later, (according as the woman with whom he has lain was more or less infected, and according as his constitution renders him more or less disposed to receive the infection) is first seized with an uncommon pain in the parts of generation, *and a kind of rotation of the testicles* ;* and afterwards, unless the patient be circumcised, a spot, resembling the measles in size and colour, seizes some part of the *glans*, soon after which, *a fluid like semen flows gently from it* ;* which differing every day therefrom, both in colour and consistence,

part of the aperture of the labia; heat and pain of the same part coming on in making water; with a weeping of puriform matter from the passages.

By the disease as here described, we are to understand what is termed **GONORRHOEA VIRULENTA**, or vulgarly, *clap*. *W.*

* *A rotation of the testicles, &c.* It is not very easy to convey the idea of what our author means by this expression; but as far as I have been able to discover what patients feel when they make this complaint, as they sometimes do; they describe it not as a painful, but as a troublesome sensation, as if the testes were always slowly rolling round on their own axis, and were in continual motion. *W.*

* *A fluid like semen flows gently from it, &c.* The fluid is nothing like semen; generally at first is whitish, but soon acquires a yellow, or greenish cast, staining the linen with one

sistence, does at length turn yellow, but not so deep as the yolk of an egg; and when this disease is more virulent and severe, becomes green, and is mixed also with an aqueous humour, copiously streaked with blood. *At length the pustule or spot** terminates in an ulcer, at first resembling the *aphthæ* in the mouths of children, which spreads and eats deeper every day, and the lips grow callous and hard. But it must be observed, that this pustule is seldom attended with a *gonorrhœa* in those who have formerly had this disorder, or whose *glans* is bare; the hardness and firmness which this part acquires by being exposed to the air, and the frequent chafing of their linen, rendering it less apt in such persons to receive the infection; and for this reason, those that are circumcised seldom have an ulcer of the *glans*, but only a *gonorrhœa*.

10. The *gonorrhœa*, or running, is soon succeeded by other symptoms; as (1.) a great sense of pain upon every erection of the *penis*, as if it were violently squeezed with the hand; this happens chiefly in the night, when the patient begins to be warm in bed, and I esteem this painful constriction of the *penis* the distinguishing sign in this state of the disease. (2.) The *penis* likewise bends, occasioned by the

one or other of these colours; sometimes it will be of a dingy brown, thin, and ichorous; and at others, though very rarely, have the appearance of being mixed, or streaked with blood. *W.*

* *At length the pustule or spot terminates in an ulcer, &c.* When this does appear, which is not always the case, I have seen it go off without any farther trouble spontaneously; sometimes indeed they do form shankers; but very seldom in common *gonorrhœas*. *W.*

contraction

contraction of the *frænum*, which being naturally stretched in every erection, causes violent pain. There is likewise (3.) a heat of urine, which is scarce perceived in voiding it, but immediately after the patient feels an extreme heat throughout the whole duct of the *urethra*, especially at its termination in the *glans*. And sometimes (4.) the *urethra* being excoriated by the continual flux of acrimonious matter, nature too hasty in generating new flesh, substitutes a loose, spungy flesh, which growing every day larger and harder, *forms caruncles*,* which obstruct the urinary passages, so as at length to hinder the exclusion of the urine; and these caruncles also emit a certain *ichor*, which proceeds from the little ulcers adherent thereto, and greatly hinder the cure, occasioning a tedious disorder more to be apprehended than death itself. Moreover, (5.) it often happens that the matter which should have been discharged by the *gonorrhœa* is thrown upon the *scrotum*, either by violent exercise, or the use of astringents, and causes a violent pain and inflammation, with a considerable swelling sometimes of one, and sometimes of both the testicles; the *gonorrhœa* in the mean time proceeding slowly, but the heat of urine remaining equally troublesome. These are the

* *Forms caruncles, &c.* In common virulent gonorrhœas these very rarely happen; when they do, they arise from previous ulceration, from whence fungous excrescences take their origin, and may be considered as a symptom of the lues, at least an incipient one; for from ulceration, I am perfuaded *almost all* poxes originally deduce their origin: though it has been said, that the lues venerea has been occasioned by the absorption of the morbid virus without any previous ulceration, or excoriation. *W.*

common symptoms of this disease in this state of it.

Those of the second sort. 11. But when, by the continuance of the disease in those parts, the virulence is communicated to, and by degrees corrupts the blood, or when the juices putrefy from the retention of the virulent matter in the body by the improper use of astringents, *the true pox arises*;* in which (1.) swellings, or buboes, often appear in the groin, and constitute the first degree thereof: (2.) Then violent pains seize the head, and the limbs between the joints, as the shoulders, arms and legs, which attack by intervals and keep no stated order, except that they generally come in the night as soon as the patient is warm in bed, and do not cease till towards morning. (3.) Scabs also and scurf of a yellow colour, like a honeycomb, appear in several parts of the body, by which mark they may be distinguished from all others; and sometimes they are very broad, and resemble the leprosy, as it is described in the writings of physicians: and the more this scurf spreads, the easier the patient becomes. All the symptoms increase by degrees, and particularly the pain, which at length becomes so intolerable, that the patient cannot lie in bed, but is forced to walk about his chamber in a restless manner till morning. Moreover, (4.) from the

* *The true pox arises*, &c. Dr. Cullen classes this under his class CACHEXIAE, and order IMPETIGINES, allowing only one species, which he defines,

A contagious disease after impure coition, and a disease of the genitals, ulcers of the tonsils; coryimbose papulae or small eruptions crowding together of the skin, particularly of the margins of the hairy scalp, running into scabs and scabby ulcers; pains of the bones and exostoses. *W.*

severity of the pain, *hard nodes, called exostoses*,* grow upon different parts of the skull, and the bones of the legs and arms; which resemble the bony excrescences upon the legs of horses, usually termed the *spavin*: and (5.) these bones, from the continual pain and inflammation, do at length grow carious, and putrefy. (6.) *Phagedenic* ulcers likewise break out in different parts of the body, which generally begin first in the throat, and by degrees spread through the palate to the cartilage of the nose, which they soon consume; so that the nose for want of its support falls flat. (7.) The ulcers and pain increasing every day, the patient, wasted away partly by the continued pain, and partly by the ulcers and corruption, leads a life far worse than any kind of death, through the stench, corruption, and shame attending it, till, at length, his limbs rot away one after another, and the mangled, breathless carcase, being odious to the living, is consigned to the grave.

12. As to what is termed *the intrinsic and effe-* The author ignorant of the essence of this disease. *tial nature of this disease*,† I am as ignorant of it,

* *Hard nodes, called exostoses.* Those particular tumours called *gummata, nodes, tophi*, are rather complaints of the *periosteum* than the bones; though they have generally been considered as affections of the latter; and may produce, if neglected, the exostoses which belong to the bones, and are truly diseases of that part of the system. *W.*

† *The intrinsic or effeſſential nature of the disease.* This, like ſome other diseases; arises from a ſpecific contagious matter *sui generis*, known only from its effects, whatever ſome authors may have pretended to the contrary; nor does any proof exist, notwithstanding what they have ſaid, capable of convincing us in the leaſt, that its nature is either ſimilaſ to alkalescency or acidity; though under theſe ideas they have pretended to lay down a mode of cure particularly adapted to operate againſt one or other of thoſe, immediate cauſes of the disease. *W.*

except

except as it appears from the symptoms just enumerated, as of the essence of any plant or animal. But be this as it will, I am persuaded, Caused by a very inflammatory humour. that the humour occasioning this disease is of a very inflammatory nature, and ought to be evacuated by such means as experience shews to be most effectual, no immediate specific being yet discovered, whereby it may be cured without any preceding evacuations. For neither mercury, nor the drying woods, are to be accounted specifics, unless it can be proved by examples, *that mercury has sometimes cured the venereal disease without a salivation,* or a decoction of the woods without a sweat.* Now having learnt by experience, that the common sudorific has been as effectual here, as decoction of the woods, so I doubt not, that if a remedy could be found, either in the vegetable or animal kingdom, of equal efficacy with mercury in raising a salivation, it would have the same effect in curing the *venereal disease.* But as this disease, when it is only a *gonorrhœa*, differs considerably from that which hath infected the whole mass of blood, and justly deserves to be entitled the *lues venerea*,

* *That mercury has sometimes cured without a salivation, &c.* This is proved every day; for it is very rarely that there is a necessity of raising a salivation; it is, I may venture to say, always sufficient if the mouth only appears slightly touched by the use of mercury; nay some, and not a few instances may be found, where the disease has been cured by mercury without producing either one or other of these effects. Indeed I have known, where salivations have been hastily raised, the cure has not been completed, which however has afterwards been accomplished by mercury thrown into the constitution slowly and gradually, so that the complaint evidently appeared to yield more to the quantity than to the violence of the effect produced. W.

so it requires a different kind of evacuation from that which is necessary in a confirmed *pox*.

13. *With respect therefore to a gonorrhœa, * of* The cure of which we first treat, the whole of the cure, as ^{a virulent} _{gonorrhœa.} far

* *With respect, therefore, to a gonorrhœa, &c.* Notwithstanding there are many respectable characters in the medical world, who consider the *gonorrhœa virulenta* and the *lues venerea* occasioned by virus of different natures, capable of producing each its specific disease, I cannot avoid being of a different opinion, and coinciding with those who think the morbid matter is exactly the same, only acting differently on the habit, producing in the first local inflammation, in the last, ulceration, or being absorbed into the system without being attended with either one or other of these effects. Nor do I found this opinion solely on the confidence I place on characters deserving the greatest attention in the medical hemisphere, a long experience has convinced me of its being supported on the firm basis of truth; on this principle, therefore, may we establish the modes of cure adapted to the different situations and effects of the venereal virus.

And with respect to the *gonorrhœa*, if it goes not off spontaneously, as it will sometimes, the indications are, to moderate and remove the inflammation, which continues the disease, and so occasions all the troublesome symptoms which attend it, by avoiding exercise, using a low, cool diet, abstaining entirely from fermented and spirituous liquors, and taking plentifully of mild, diluting drinks; removing the heat of urine by plentiful dilution and demulcents; avoiding and taking off costiveness, in which case frequent use of large glysters of water and oil are strongly recommended, or laxatives of the mildest kind may be used, avoiding those which are apt to increase irritation in the urinary passages, such as Glauber's salt, Rochelle salt, tartarum solubile, cream of tartar, &c.

If the inflammation runs high, in plethoric habits blood-letting should be had recourse to; or should no plethora exist, but the local affection be considerable, topical bleedings by leeches applied to the urethra are useful. In cases of *phymosis* attending *gonorrhœa*, emollient fomentations may be applied to the whole penis; and when the patient either walks about, or is sitting, it should be laid up to the

far as we have yet experienced, turns upon purging medicines; by means whereof the peccant matter is either evacuated, or the natural juices

belly. If a priapism or chordee should be troublesome, the whole penis may be poulticed with crumbs of bread moistened with a strong solution of sugar of lead; though this will sometimes disappoint our intention.

With respect to injections early in the disease, astringent ones are pernicious, by giving occasion to all the consequences of inflammation, particularly to the very troublesome symptoms of swelled testicles; but when the disease has continued for some time, and the inflammatory symptoms are much abated by injections of a moderate astringency, or at least of this gradually increased, an end may be sooner put to the disease than would otherwise have happened; and the gleet so readily occurring may be generally prevented. Mercurial injections, that contain mercury in a liquid form, as a solution of corrosive sublimate in water, so much diluted as not to occasion any violent smarting, but not so much diluted as not to give any smarting at all, are preferred; for it is supposed that mercury applied to the internal surface of the urethra, may be of use in promoting the more free and full discharge of the virulent matter from the mucous glands of it; and should there be any ulcerations formed, these injections are not only proper, but the only effectual remedy that can be employed; however in recent cases, or while much inflammation is still present, they should not be used, but when that inflammation is somewhat abated, notwithstanding the discharge still continues in a virulent form. Opium also given internally, and applied to the urethra, as it takes off the effects of the stimulus, and diminishes the irritability of the system, is considered to be beneficial.—Cullen's *Practice of Physic*, vol. iv.

In curing the virulent gonorrhœa, after depletion where necessary, and gentle aperients with the use of diluents, and persisting in a moderate course of living for a few days, I have always found sedative injections of the decoctionum papaveris albi & tinctura opii used at first, soon abate the inflammation, and the running afterwards readily taken off by adding some sedative astringent to the former composition. I scarcely ever find mercury in any form necessary. *ff.*

of the body drained off, which would otherwise feed the disease. But though both reason and experience intimate that it may be cured by any cathartic, provided it be frequently repeated, and continued for a considerable time; *yet such strong purgatives*, * as powerfully evacuate bilious, but especially watery humours, seem best for this purpose; and therefore I have sometimes recovered persons in low circumstances by *jalap root* only. But as the disease is attended with a manifest inflammation, and the purgatives to be exhibited in order to the cure are likewise hot, a cooling diet must be directed throughout the whole course.

14. For this reason I generally prescribe as *By purging*, follow:

Take of the greater pil. cochiæ, three drams; Purging extract of rudius, one dram; rosin of jalap, pills. and diagrydium, of each half a dram; opobalsamum, enough to make the whole into a mass, each dram whereof is to be made into six pills.

Four of these pills are to be taken every morning at four or five o'clock, (that the patient may sleep upon them) for twelve or fourteen days running, or longer, namely, till the heat of urine, and the yellow colour of the running

* *Yet such strong purgatives as powerfully, &c.* Though frequent purging is not entirely laid aside, yet, says Dr. CULLEN, it always appeared to me superfluous, and often very hurtful, even what are supposed to be cooling purgatives, so far as they produce very liquid stools, the matter of which is generally very acrid; they irritate the rectum, and consequently the urethra; this last effect, however, the acrid, and in any degree drastic, purges more certainly produce.—*Practice of Physic*, vol. iv.

be greatly abated, after which I esteem it sufficient to purge every other day for another fortnight; and then the pills are to be taken only twice a week, till the running ceases, which commonly continues several days afterwards. For though it be ordinarily affirmed, that after the heat of urine, and the yellow colour of the running are gone off, the *ichor* which appears, especially in the morning, upon the top of the *penis*, from which a drop or two may be squeezed with the finger, proceeds only from the weakness and laxity of the parts, occasioned by the long continuance of the contagious matter therein; yet the patient finds to his great prejudice, that this is the remains of the disease not thoroughly overcome; for though it be conquered in some measure, yet upon any slight occasion, as by excessive drinking, any violent exercise, or the like, it begins again, and the *gonorrhœa* returns, that is, if the purging be discontinued before the disease is perfectly cured.

Strong purgatives sometimes requisite.

15. If the *gonorrhœa* does not yield to this course of purging, it will be proper between whiles (especially in such as are not easily purged) to give some stronger purge instead of the pills; as the following potion, which having been taken only once, hath proved more effectual sometimes in stopping a *gonorrhœa*, than the frequent repetition of lenient cathartics.

A strong purging draught.

Take of tamarinds, half an ounce; the leaves of senna, two drams; rhubarb, a dram and half; boil them in a sufficient quantity of water, to leave three ounces of the strained liquor; in which dissolve manna and solutive syrup of roses, of each an ounce; syrup of buckthorn, and electuary

tuary of the juice of roses, of each two drams ; mix them together.

Or when the cure goes on slowly, exhibit *eight grains of turpeth mineral*,* only twice or thrice, at proper intervals, lest it occasion a spitting ; and this is the most powerful remedy to conquer an obstinate gonorrhœa. Or the following pills may be given twice a week :

*Take of pil. ex duobus, half a dram ; mercurius Strong purg-
dulcis, one scruple ; opobalsamum enough to
make them into four pills, to be taken betimes
in the morning.*

16. But sometimes the patient hath such an aversion to repeated purging, that he cannot even endure the sight or smell of the medicines. And sometimes a peculiarity of constitution obtains, so that the strongest purgatives avail not, whence a sufficient evacuation of the peccant matter cannot be made ; and whilst we solicitously, but fruitlessly, endeavour to cure the disease by this means, it gains ground, and becomes a true *pox* in such habits. In these cases, therefore, recourse is to be had to glysters, which may answer both

* *Exhibit eight grains of turpeth mineral, &c.* If at any time mercury should be thought necessary, this preparation is not the most eligible ; or should we depend upon the action of vomiting, which the dose here prescribed will certainly occasion, every good purpose will be answered equally by that gentler and safer emetic, ipecacuanha.—Though our author does not mention turpeth producing this effect, little doubt can remain, when we consider the dose, but he depended upon its action this way for the effecting a cure ; however, the present practice is averse to, and rejects all such drastic preparations, and effects its good purposes by milder means, even in the more severe stages of this disease. *W.*

indications ; (1.) by evacuating the humour, (2.) making a revulsion from the part affected. Besides this method is sometimes more expeditious than the former, but in my opinion it is not equally safe ; for though the former be more tedious, as requiring longer time, there is notwithstanding less danger of leaving a part of the contagious matter in the bowels, to cause fresh disturbance afterwards ; but this inconvenience may easily be prevented by exhibiting cathartics on the intermediate days, in order to assist the glysters.

In what manner to be given.

17. Wherefore I proceed in this manner : I give the above-mentioned pills, or others of a like kind, two or three mornings successively, and then I order the following glyster to be injected twice a day, *viz.* in the morning, and at five in the afternoon, till the symptoms go off ; except that once or twice a week I exhibit a cathartic, omitting the glyster that day :

The purgative glyster.

Take of the electuary of the juice of roses, six drams ; Venice turpentine, dissolved in the yolk of an egg, half an ounce : dissolve them in a pint of barley water, and to the strained liquor add two ounces of the universal electuary : mix them together for a glyster.

Every evening at bed-time I give twenty-five drops of *opobalsamum*, or balsam of *Mecha*, dropt upon a piece of fine sugar ; this medicine being a kind of pure liquid turpentine, has the same virtues, and does great service in ulcers of the *pudenda* ; but where this cannot be had, the quantity of a hazel nut of *Cyprus* turpentine may be taken in the same manner instead of it.

18. What-

18. Whatever method of cure be used, the patient must, during the process, refrain from salt and high-seasoned meats, and all others of difficult digestion; as beef, pork, fish, cheese, roots, herbs, and fruit; instead of which I substitute mutton, veal, rabbit, chicken, and other light food; and order him to eat very sparingly of these, that is, no more than is sufficient to support the strength. I forbid wine of all kinds, and all spirituous, or acescent liquors, prescribing for his common drink, milk boiled with thrice the quantity of water; only at dinner and supper he may be allowed a little small beer. To abate the inflammation, and heat of urine, I direct some cooling emulsion, prepared in the following manner, to be drank on the intermediate days of purging;

Take of the seeds of melons and pomelions, each half an ounce; seeds of white poppies, two two drams; eight blanched sweet almonds; bruise them together in a marble mortar, pouring upon them by degrees a pint and half of barley water; and lastly, sweeten the strained liquor with a sufficient quantity of fine sugar.

19. In a very sanguine constitution, and when the disease is obstinate, after having spent a month or thereabouts in a course of purging, I generally advise eight or nine ounces of blood to be taken away from the arm; but I am against bleeding sooner, * lest the disease should be more

con-

* But I am against bleeding sooner. Wherever bleeding is proper, it should seem best to begin with it, in order to guard against the inflammation and tension of the parts affected, and the painful heat of urine, which generally en-

confirmed thereby. I do not depend much upon injections into the *urethra*, because they ordinarily do much more mischief than service, either by their pungent acrimony, or stypticity: however, towards the declension, a small quantity of *rose water* may be injected.

Purgings to be persisted in longer in such as are hard to purge.

20. I do not know a better method than this of curing a *gonorrhœa*, especially in such as are easily purged; but in persons of a contrary disposition, though it never fails, yet it requires a long time to complete the cure. In such persons therefore bleeding is to be repeated, and the purges must be made stronger, repeated oftener, and continued a longer time; or glysters may be injected as abovementioned; purging being the principal remedy here. For it may be truly affirmed, with respect to this disease at least, that whoever cleanses well makes the best cure;

Mineral waters bad in this distemper.

*provided no mineral waters be used,** which by their astringent and too healing virtue shut up the disease in the habit, which should have been carried off, and so render it more confirmed, as I have found by experience. Hence I have frequently observed swellings of the *scrotum* succeed from drinking them; at the beginning, or height of the disease, and more dangerous symptons, as

sue; for experience shews that bleeding, so far from exasperating the disease, always renders the symptoms milder, and of course facilitates the cure.

* *Provided no mineral waters be used.* Our author must mean here the active stimulants and astringent mineral waters used in the beginning, which would increase by their stimulus the inflammatory symptoms; but in the latter stage of the *gonorrhœa virulenta*, where the virus is evacuated, and a gleet only remains, which is often the consequence of the modus medendi here laid down by SYDENHAM, they would be serviceable. *W.*

caruncles,

caruncles, when they were drunk towards the decline; and this I positively assert, notwithstanding *mineral waters* are ordinarily and frequently directed in the present practice in this case.

21. I am also well aware how much some ^{Astringents and decoctions of the} practitioners boast of curing this disease in a shorter time by remedies which bear a great ^{woods hurtful.} name; but I have found, by repeated observation, that the matter which should have been expelled, being detained in the body by astringents, has proved highly detrimental to the patient, by frequently running into the blood, and at length causing a *pox*. Nor is the decoction of the woods more effectual, though it is safer; for under a pretence of exhibiting specifics, the whole body, but especially the parts affected, already over heated, are still more inflamed; and sometimes, as I have already observed, I have known the *gonorrhœa* return, which vanished a little before.

22. But it must be observed, *that if the nut be* Purging to *totally covered by the prepuce*,* and the lips of it ^{be refrained} in case of a *phymosis*.

* *That if the nut be totally covered, &c.* This is called *PHYMOSIS*, which, if it proceeds from inflammation merely, must be treated as directed in Note *, pag. 17, &c.; but if it arises from venereal ulcers on the inside of the prepuce, or from a clasp of the glans, commonly called *gonorrhœa sparsa*, producing violent swelling, inflammation, and discharge from the glans; besides the poultice specified in the above note, a diluted solution of mercury in nitrous acid, or the sublimate, or calomel suspended in lime water, or, according to circumstances, Plenche's solution mercurii gummosi, should be injected three or four times a day between the prepuce and glans in such a manner, that the interstice between them may be filled up, and a little distended with the injection. If there be any ulcer, some lint dipped in the same liquids may be applied to it, by means of a probe, once or twice a day. Mercurial fumigations are in this case useful.—Swediaur's *Observations on Venereal Complaints*.—IV.

so swelled, hard, and callous, from the inflammation, that it can by no means be slipt back, it is a fruitless endeavour to attempt the cure of the *gonorrhœa* by purging, though the strongest cathartics be given, and repeated every day with this view; unless means be used at the same time to reduce the part affected to its natural state, by removing the hardness and swelling, which continually increase the *gonorrhœa*. For this purpose I direct the following fomentation:

An emollient fomentation.

Take of the roots of marshmallows and white lilies, each an ounce and half; the leaves of mallow, mullein, elder and henbane, and the flower of camomile and melilot, of each one handful; the seeds of flax and fenugreek, each half an ounce; boil them together in a sufficient quantity of water, for a fomentation to be applied to the part affected for half an hour, twice or thrice a day.

After fomenting I order the part affected to be anointed with fresh linseed oil, and then apply the mucilage plaster spread on leather, to the swelled lips of the prepuce. But if the ulcer in the lips of the prepuce, or glans, by its constitution and callosity, hinders the prepuce from slipping back with ease, besides the fomentation above mentioned, I prescribe the following liniment:

A digestive liniment.

Take of the ointment basilicon, six drams; the ointment of tobacco, two drams; red precipitate (washed in rose-water, and levigated) half a dram; mix them together for a liniment; to be applied, upon lint, to the ulcers, after using the fomentation above directed.

23. But

23. But if either from stopping the *gonorrhœa* A swelling too soon, violent exercise, or any other cause, ^{of the scro-} *the scrotum be greatly swelled,** (which is now remedied. the seat of the disease) I apply the above-mentioned fomentation twice a day to the part affected; and if the pain and swelling do not abate, I cover the part with the common cataplasam, prepared of *oxycrate* and *bean meal*. While these external applications are used, I endeavour to promote the cure by cathartics and coolers, along with the diet above mentioned; and I scruple not to take away nine or ten ounces of blood from the arm of the same side with the testicle affected, at any time of the disease, if

* *The scrotum be greatly swelled, &c.* Dr. Swediaur says, in all obstinate cases I constantly observed, that the symptoms of irritation and the swelling did never quit the patient till the running of the clap came on again; but the moment this latter took place, the patient found himself relieved of the pain of the testicle, and the swelling gradually disappeared. To assist nature in its beneficial efforts, *bleeding being premised where necessary*, a full dose of opium given internally, or in an emollient glyster, is to be repeated every twenty-four hours; the parts to be exposed two or three times a day, for a quarter or half an hour, to the steam of hot water or milk; warm poultices to be applied to the penis, and the accumulation of faeces in the rectum to be prevented by a common glyster occasionally repeatedly; *the testicles should also be supported by a proper suspensor.* By proceeding thus we generally have the satisfaction to cure in a few days a disease which, by a different method of treatment, requires so many weeks, and after all, sometimes ends in a suppuration of the testicle, which often leaves a troublesome scirrhosity behind. Of late we have been told, the fomentations with cold water or ice, renewed every quarter or half an hour, answered beyond expectation in discussing a recent swelling of a testicle, and in other cases, the repeated cold application of a solution of sugar of lead in water, has produced the same happy effects. *Observations on Venereal Complaints. W.*

the largeness of the swelling and the violence of the pain require it: and here we finish our observations on a *gonorrhœa*.

The venereal disease to be cured only by salivation. 24. But if the distemper be got to such a height, as to be justly entitled the *venereal disease*, or a *confirmed pox*, the procedure must be different from that above delivered; for the cure being more difficult, demands more powerful remedies; in reality not an instance can be produced, so far as I know, where this disease hath been cured *unless by a salivation with mercury*;* notwithstanding what has been hastily advanced by some learned, as well as some illiterate persons, to the contrary. Since therefore a salivation answers every purpose here, I need do nothing more than set down what I have learnt from reason and observation concerning the raising and carrying it on.

No necessity of preparing the body for it. 25. And, first, I cannot even conjecture what some physicians mean by their frequent cautions about preparing the body duly by cathartics, digestive medicines, bathing, and the like; not to mention bleeding, which some esteem the principal thing. For if we speak frankly, the whole of the question is reducible to this, *viz.* that since a salivation must be procured by a poison (for we have not hitherto discovered a safe and innocent medicine productive of this effect, and the disease cannot be cured without it) whether it is better to make use of it, when the body is in full strength and spirits, and consequently more able to bear it, or after it has been debilitated by bleeding and low diet?

* *Unless by a salivation with mercury.* See our Note *, pag. 16.

Doubtless, every judicious person would think it better to do nothing at all, than to do mischief by such unseasonable attempts. Besides, it is manifest from experience, that a salivation is better borne by those* who have not been debilitated by evacuations, or any other way, than by such as have been weakened before entering upon the course.

26. Omitting therefore this mischievous preparation, as soon as I am called, *I prescribe the following ointment :* †

Take

* *That salivation is better borne by those, &c.* Our author's observation is here perfectly right, where a salivatory course is gone through; so also may it be said of a mercurial one without salivation, little preparation is necessary. If the habit is plethoric and costive, bleeding and a gentle laxative should be premised, and a warm bath with frictions, once, previous to our entering on the use of mercury, will be sufficient, in order to take off the too great sanguinary plenitude, clear the primæ viæ, render the skin clean, and the perspiratory powers permeable as possible. *W.*

† *I prescribe the following ointment.* The mercurial course may be conducted by inunction, or medicines of this class given internally. Dr. Swediaur has spoken so fully on this subject, that what he has said, we shall here transcribe: What we should first observe most carefully and attentively, is, whether the mercurial course we began, agrees with the patient; and if it does not, without hesitation change it. Those patients who will not bear frictions, bear sometimes very readily the internal use of mild, or more acrid preparations of mercury, and vice versa.—Others, who will not bear mercury internally, will bear the frictions, or sometimes not bear one mercurial preparation, while they bear another very readily. Some will take it more easily in pills, others in powder, or dissolved in some liquid. To those whose constitutions, circumstances, or choice are against mercurial frictions, pilulæ ex mercurio gummoso may be given, or mercury triturated and formed into pills with extract of liquorice; these preparations agree with most stomachs, even such as sometimes can bear

no

A mercurial ointment. *Take of hogs lard, two ounces; quicksilver, an ounce; mix them together.*

I add

no other mercurial preparation. In other cases, calomel prepared by precipitation, according to Mr. Scheele's invention, or the hydrargyrum nitratum cinereum (pulvis mercurii cinereus, Pharm. Edinensis) are the mildest, and perhaps most suitable preparations for those stomachs which are not able to bear any of the more acid, saline mercurial preparations; mercury rubbed down with sugarcandy, or calcined mercury mixed with opium, may sometimes, according to circumstances, be more advantageous.

During the use of mercury, a mixed diet of vegetables and animals, as the most natural to mankind in general, is proper, avoiding fat, hard, indigestible food; acids will sometimes cause a griping and purging under the course, where that happens, they should be avoided. At table, the moderate use of wine cannot be hurtful; as to porter, or any other kind of beer, it does not agree with all stomachs under a mercurial course; where it does, I see no reason, why it may not be moderately indulged; but what I principally insist upon is, that the patient should go early to bed every day, as indulging sleep seems rather serviceable during a mercurial course. Moderate exercise, on foot, in a chaise, or on horseback, in a warm and dry day, I have always found more useful than confinement to a room; but if the weather be moist or very cold, it will be safer to stay at home: night air is particularly dangerous; for it is in general cold and damp, and should therefore, by every patient under a mercurial course, be carefully avoided. I have known several instances where venereal patients, during the use of mercury, through inattention to this single point, have ruined their health and constitution for years, or even for life. Where the patient's business or circumstances absolutely oblige him to go out in very cold or damp weather, he should never do it without having on warm cloaths, a flannel or calico waistcoat under his shirt, and a pair of good warm woollen stockings.

Thus we proceed with the use of mercury, if no peculiar symptoms prevent it; and at the same time order the patient to bathe once or twice a week in a warm bath, if his constitution be strong enough; but whenever he perceives a nauseous, copper-like taste in the mouth, stinking breath, swelling of the gums, the teeth feeling as if they were

I add no sort of hot oil, or any thing else to it; because the ointment is made worse by all such additions as check its operation, and no better if they no way improve it; and perhaps those ingredients which are added under the title of *correctors*, do the same here (if they act at all) as experience shews such things ordinarily do, when they are joined with cathartics, *viz.* occasion gripings, and render their operation more

were set on edge, and larger secretion of saliva or spitting than common, mercury should be immediately left off for some time; a warm bath and friction with the flesh-brush be used in some cases, and gentle physic taken, and occasionally repeated; and in those circumstances, cold, moist air most carefully avoided. If under the use of mercury symptoms of a general irritation appear, it ought to be left off for some days, and a dose of opium given in its stead; but if symptoms of an inflammatory diathesis prevail, bleeding will be necessary. Thus we continue with the use of mercury till the virus is wholly eradicated, which will generally be in twenty-five or thirty days, if the disease has not been of long standing; but if it be inveterate, and the skin or bone severely affected, ten or twelve weeks will sometimes be necessary to produce a complete and radical cure. *Observations on Venereal Complaints.*

When any of the symptoms, indicating that absorption of the venereal virus has taken place, make their appearance, the immediate use of mercury is necessary; for this being employed without delay, and in sufficient quantity, will pretty certainly prevent the symptoms which would otherwise have soon shewn themselves, and will remove those which have already appeared. And this advice, says Dr. CULLEN, I take to be the most important that can be given with respect to the venereal disease; and although I must admit, that the virulence of the poison may be greater in one case than in another, and even that one constitution may be more favourable than another to the violence of the disease, yet I am thoroughly convinced, that most of the instances which have occurred of the virulence and obstinacy of syphilis, have been owing entirely to the neglect of the early application of mercury.—*Practice of Physic*, vol. iv.—W.

difficult

difficult, from the ensuing struggle between the antidote and the purgative, all the virtue of which latter consists in being opposite to nature. *I therefore order the patient to anoint his arms, thighs, and legs,* with his own hand, with a third part of the above-mentioned ointment, for three nights running, with care not to touch his arm pits and groin; and the abdomen must be well defended from the ointment, by wrapping a piece of flannel around it, and fastening it behind.* After the third unction the gums generally swell, and the salivation rises; but if it does not appear in three days after the last unction, *eight grains of turpeth mineral may be given** in a little *conserve of roses*, and after every evacuation, either upwards or downwards, let him

* *I therefore order the patient to anoint his arm, &c.* If a salivation is to be raised, it is done by rubbing from half a dram to two drams on the inside of the thighs above the knee, every night or every other night, till a spitting comes on, which should it be tardy in doing, the quantity of the ointment may be increased, or mercurials given at the same time internally in moderate doses; but it is infinitely more beneficial to raise the salivation slowly and gradually, than push it on too rapidly, which the large quantity of mercurial ordered by SYDENHAM is very likely to effect: for in cases of confirmed lues, the greater the quantity of mercury which can be thrown in before its determination to the salivary glands, the more certain the effects produced by the salivation when brought on. It has been recommended by some to throw mercury into the habit, particularly calomel, by rubbing it on the inside of the cheeks and lips, as a mode preferable to any other; but the reasons offered in favour of this process, and the effects consequent thereon, by no means shew its superiority. *W.*

* *Eight grains of turpeth mineral may be given, &c.* So drastic, and so severe a medicine in this dose there can be not the least necessity for giving, more ointment applied, or

him take a draught of warm posset drink. When the salivation begins, the physician must attend with great exactness to the degree thereof, lest by inconsiderately using too many medicines, it be raised so high as to endanger the life of the patient. When it has got to a proper height, in which state the spitting generally amounts to two quarts in the space of twenty-four hours; or if the symptoms go off, though the spitting be not so much, which generally happens in four days after it comes to the height, it will be necessary to change his linen and his sheets, for others that have been worn some time since they were washed; because those he lies in, being fouled with the ointment, are apt to increase and keep up the salivation beyond the due time. But if the salivation abates before the symptoms vanish, it must be heightened by exhibiting a scruple of *mercurius dulcis* at a time, occasionally.

27. Sometimes it happens, especially in such A *looseness* as are easily moved by purgatives, after the first ^{happening,} or second unction, (viz. as soon as the mercury ^{how check-} ^{ed.} begins to affect the blood) that nature endeavours to throw it off by the intestines, whence not only mucous stools and gripings proceed, as in a dysentery, but the cure of the disease is hindered thereby, which is used to yield only to salivation. In this case mercury must be entirely refrained, both externally and internally, till these symptoms are quite gone off; and the purging likewise, which generally happens before the salivation rises well, *must be stopped by*

or the gentler mercurials given in moderate doses at the same time will fully promote the intention, without creating such disagreeable disturbances in the constitution. *W.*

liquid laudanum,* increasing the dose, and repeating it according to the urgency of the symptoms; or a dram and half of *diascordium* must be given between whiles, occasionally. Upon the stoppage of the looseness, the salivation, which scarce appeared before, usually goes on in a proper manner.

28. When the patient appears to be recovering in all other respects, only his mouth continuing ulcerated, (which is the genuine effect of a salivation) the spitting, which abates now every day, must not be checked by purging, or any other method: for possibly after the pain is gone off, and the ulcers are dried up, a part of the morbific matter may remain in the habit, and occasion fresh disturbance, unless that moderate spitting be permitted, which will cease as soon as the patient, after his recovery, hath been a few times in the air. For this reason I esteem it dangerous to carry off the remains of the salivation, which is just upon ceasing spontaneously, either by purging, or by drying it up with a decoction of the woods;* which methods,

though

* Must be stopped by liquid laudanum, &c. It will be right to have the body kept moderately open by gentle laxatives, as that may prevent any irritation in the bowels from a collection of acrimonious fardes, which might solicit the determination of the mercury there; but should the diarrhoea come on by the stimulus of the mercury alone poured upon the intestines, sedatives are singularly serviceable, whose effects are greatly increased by conjoining to them diaphoretics, particularly small doses of ipecacuanha, or antiinonials. *W.*

* By drying it up with a decoction of the woods, &c. Boerhaave calls this an excellent rule of our author, and agrees with him in condemning sudorific decoctions, observing that a relapse need not be apprehended, if four, eight,

though commonly used under pretence of expelling the mercury out of the body, or correcting its malignity, do, without doubt, occasion the frequent relapses that happen in those unfortunate persons, who, after all their pains and expence, earnestly long for health, and had certainly obtained it, if the salivation had been suffered to terminate spontaneously. It would therefore be more adviseable to promote it, by exhibiting *mercurius dulcis* once a week, after the patient is entirely recovered, and goes abroad, (which I have sometimes ordered to be done for some months) than to check it too soon.

29. But though I do not like purging at the declension of the salivation, for the above-mentioned reasons, it may, nevertheless, be indispensably necessary at the height; that is, *when it hath been so far raised*,* by wrong management,

Purging sometimes necessary at the height of the salivation.

eight, ten, or twelve grains of *mercurius dulcis* be exhibited once a week, according as the patient is found to be more or less difficultly moved.

But where the salivation has been sufficiently copious, and continued a due time, lenitive purges should seem proper to carry off the remains of the mercury, at the close thereof; and daily experience shews that they are exhibited with all desirable safety and advantage.

As the appetite is generally very sharp after a salivation, great care should be had that the patient commits no excess in point of eating, and his food should be light, and easy of digestion. Neither should he venture into the open air too hastily, especially if it is the winter season.

* *When it has been so far raised, by wrong, &c.* In such a case bleeding is likewise often indispensably necessary, besides purging with lenients. And in exceedingly sharp and violent pains about the jaws, throat, and head, a blister to the back frequently gives unspeakable relief.

After proper depletion, opiates and diaphoretics, with copious dilution, assist greatly in weakening the effects of

ment, as to endanger life, in which case it is not only safe, but requisite to lower it by a purge,

the mercury: some recommend the flores or lac sulphuris, or in preference the trochisci e sulphure. LEWIS says sulphur loosens the belly, and promotes insensible perspiration, it seems to pass through the whole habit, and manifestly transpires through the pores of the skin, as appears from the sulphurous smell of persons who have taken it. Mercury by admixture with it is rendered inactive; hence, when mercurial medicines exceed in operation, sulphur has been given for abating their violence, and sometimes restrains their violent action. — On this particular subject when speaking, Dr. SWEDIAUR says, With regard to the abating or removing a salivation when once begun, I found it almost always a difficult matter to accomplish, for which he gives the following directions: If the season be cold, the patient should be kept in a moderately warm room; and if the strength and constitution will allow, we may exhibit a gentle laxative: he should also be placed, under the same circumstances, for four or five days, every evening in a warm bath, rubbing his body during that time with a flesh brush, or piece of flannel; when he comes out of the bath, dress himself immediately in flannel cloaths: if phlogistic symptoms occur, bleeding may be necessary; the patient is to be confined to a low diet, and drink barley water, or any other mucilaginous decoction; but if his strength be very much reduced, a good nourishing diet, together with the use of wine, an infusion of Peruvian bark, or quassia wood in wine or cinnamon water with some preparation of iron, and the free country air, are certainly proper. If the air be dry he should not confine himself to his room, but go abroad a little, unless it be very cold.

When the salivatory ducts are very much relaxed, the mouth not very painful, and the spitting continues undiminished, an astringent gargle may with proper caution be prescribed: it may be made of a decoction of bark, of tormentilla erecta, or of the cortex salicis albi, in red wine, or in water; to which according to circumstances may be added some tincture of gum lac, or of myrrh, and honey of roses; common sulphur has now and then a good effect; and sulphur of antimony has been recommended in such cases as a diaphoretic. In obstinate ptyalism a blister, settion, or issue in the neck, together with the internal use of purified

purge, to such a degree as suits the strength of the patient, after which it is to be left to itself.

30. If it be demanded, whether we should be satisfied with salivation only, without having recourse to cathartics, or any other medicines, which are usually administered after it is over, I reply, that besides what has been just mentioned, (which reason and experience confirm) I would fain know how it comes to be more necessary to purge after a salivation, than to salivate after purging; since purgatives, especially *scammony*, and such acrid cathartics, leave some remains of malignity behind them in the body, which notwithstanding we leave to nature, whereby at length they are overcome; namely, upon the patient's returning to his usual manner of living, exercise, and the free use of the air. Again, I should be glad to know why we try to expel the remains of the mercury by cathartics, whilst we not only neglect, but check the salivation, which is the genuine and almost the sole method whereby nature ordinarily does and should effect it? But such errors are to be ascribed to our limited capacity, which hinders our coming at the truth, that lies too far out of our reach, so that we take up with specious appearances instead of realities; and afterwards strengthen our groundless prejudices to that degree by conversation, that at length we are for

purified sulphur, and camphor, and the volatile liniment applied to the throat, sometimes prove serviceable; and in desperate cases, we might also try the effect of repeatedly pouring cold water over the head and face, letting the patient sit in the mean time with the rest of the body immersed in a warm bath. *W.*

imposing our idle notions for demonstrations ; which, in my opinion, is manifest in the instance under consideration.

Salivation
and purging
not easily
borne by
some sub-
jects.

31. But though most persons may be cured by the above-mentioned method, it must, however, be carefully noted, that some are possessed of such an idiosyncrasy,* or peculiarity of constitution, both in respect of salivation and purging, (such as are not easily moved by cathartics, being likewise hard to salivate) that it will scarce cause an ulceration of the gums, much less raise a degree of sputation adequate to the disease. In these cases, therefore, the physician must, above all things, beware of obstinately and unseasonably endeavouring to raise a salivation, whilst nature resists, and will by no means bear such an evacuation; for want of understanding which matter rightly, some have destroyed abundance of persons. For in such constitutions the persisting obstinately in the use

* *That some are possessed of such an idiosyncrasy, or, &c.* By this term is understood the peculiar state of a particular part. This peculiarity in some constitutions may take place in the salivary glands and vessels, so that they are rendered incapable of feeling the effect of mercurial stimulus, and hence no ptyalism will be produced; yet nevertheless such patients will be cured by the use of mercury properly administered, admit no symptoms arise to prevent its being continued for a sufficient length of time; two cases I have met with, where mercury was given without producing any effect on the fauces, or salivary glands, still both were completely cured; nor did they complain of any disagreeable sensation of heat or soreness in the gums, notwithstanding there was a perceptible alteration in the breath, and a brassy taste, so they both expressed themselves, in the mouth. It was though observable that the natural discharge in the axilla in the one, and the quantity of urine made by the other, greatly exceeded their usual proportion. *W.*

either

either of external or internal medicines for this purpose, instead of answering the end, occasions gripings and bloody stools; nature endeavouring to carry off the poison of the mercury this way; or else a pain in the stomach, sickness, cold sweats, and other terrifying symptoms ensue, so that the patient is brought to death's door, and perhaps killed thereby.

32. In such cases, therefore, though the physician may repeat the unction, *and the turpeth mineral again*,* when the salivation does not rise in four or five days after the last unction, (interposing some days between each unction) yet it greatly behoves him not to be so resolutely bent to raise a salivation, as to continue to force it in spite of nature. In my opinion therefore this method is to be followed; as soon as the sickness at the stomach, or gripings succeed, *medicines must be immediately refrained*, † till

* *And the turpeth mineral again, &c.* Instead of tormenting the patient with so rough and churlish a medicine as the *turpeth mineral*, when the salivation advances slowly, it would be much easier to him, and answer the end as well, to make use of a little more of the *mercurial ointment*.

A salivation has been raised by *calcined mercury*, now called *hydrargyrus calcinatus*, joined with an opiate, when every thing else has failed.

† *Medicines must be immediately refrained, &c.* The particular class of mercurials is here only to be understood: Dr. SWAN's observation here ought to be attended to, for though the gripings to which persons in a salivation are subject, are relieved by the warmest aromatics joined with opiates; still mercury does now and then inflame the bowels, and so occasion pain; and it is of great importance to distinguish this symptom from the common gripings, which may be done by attending to the extraordinary heat, strength, and quickness of the pulse, &c.; here bleeding is indispensably necessary, and gentle laxatives highly pro-

till these symptoms are quite gone off; for by the frequent repetition of many powerful medicines to raise a flux, when nature opposes it, a dysentery will certainly follow the gripings, and the sickness at stomach terminate in death. Whereas, on the contrary, by going on gently, and taking time, exhibiting, for instance, a scruple of *mercurius dulcis* once or twice a week, alone, or with a dram of *diascordium*, in case of a tendency to a looseness, a cure will be obtained. For though the salivation does never rise to the height, yet an extraordinary sputation will be occasioned, accompanied with a fetid smell, which is the concomitant of a genuine salivation: whence it is manifest that the blood and juices have undergone that peculiar putrefaction, or alteration, whatever it be, which either causes or proceeds from a salivation. By this method all the symptoms of the disease will be conquered; provided it be continued a proper time.

Salivation
not cura-
tive of the
pox, when
it is joined
with a *go-
norrhœa*.

33. It must however be observed, that though a salivation excels every other remedy in curing a *confirmed pox*, yet it is not able to conquer a *gonorrhœa*,* when joined therewith, for this dis-
order

per; the former should be repeated, if there be a necessity for it, and a proper fomentation applied; glysters have likewise their use; and before any more mercury is rubbed in, this symptom, as should also any other considerable symptom arising in the course of salivation, be removed: the nerves are often affected during the salivatory course, and sometimes, though rarely, fatal convulsions arise; here also fetida, and other fetids joined with volatiles, and blisters, have a remarkable good effect. *W.*

* Yet it is not able to conquer a *gonorrhœa*, &c. This is certainly an opinion founded in error; though from what

we

order continues after the former is perfectly cured; so that from hence it is reasonable to conclude, that *mercury* is possessed of no specific virtue *immediately* curative of the *pox*, though perhaps it may be entitled a specific *mediately*, inasmuch as it cures the disease by the help of a salivation, which however is almost as absurd, as to term a lancet a specific for the pleurisy.

34. But to resume our subject; when the *pox* and a *gonorrhœa* meet in the same person, the cure of the latter is to be attempted either before or after the salivation, though, in my opinion, it is effected with more safety and ease after the flux is over; for being joined with the *pox*, it yields with greater difficulty, but having

The me-
thod to be
used in this
ease.

we have before advanced, it will appear obviously there cannot be the least necessity for such an attempt, nor even for mercury applied in any form, without this is joined with symptoms indicative of a confirmed or incipient lues; it will then yield to the power of this medicine, as far as its virulence is considered, but a gleet will be the consequence most commonly, and require some local applications, according to the existing cause; whether it proceeds from mere relaxation, or exulceration.

Injections of a solution of verdigris in volatile alkali, or white vitriol dissolved in water, and mixed occasionally with some grains of the cerussa acetata; or of blue vitriol or alum, have been recommended, and may under particular circumstances be useful; but Dr. SWEDIAUR prefers those made by suspending a large dose of Mr. Scheele's calomel in a small quantity of water, or any mucilaginous fluid; which he advises to be used five or six times a day. BOUGIES are serviceable, and in some easies of obstinate gleets, the only radical cure. If these remedies fail, inducing inflammation in the urethra by irritation may be successful; bathing, particularly in the sea; or washing the genitals in cold water alone or mixed with vinegar, have done considerable service; and stimulating balsams, and tinctures joined with tonics and astringents have been administered with apparent benefit. *W.*

been

been in some measure conquered by the preceding salivation, it is ordinarily cured with less trouble: purging, however, must absolutely be refrained as long as the salivation continues in the smallest degree. Upon this account, therefore, the cure is more safely conducted, by giving a dose of *turpeth mineral*, once or twice a week, than by any other purgatives; as it will in some measure promote the flux, whilst the matter productive of the *gonorrhœa* will, in the mean time, be gradually carried off.

An exostosis, how to be remedied. 35. It must likewise be noted, that if there be a tumour, usually termed an *exostosis*,* upon some

* *If there be a tumour usually termed exostosis, &c.* This is a swelling of the bone; the proximate cause of which is, an elevation of the bony lamellæ, or periosteum, from venereal mucus deposited underneath them; and their most common situations are in the cranium, clavicle, sternum, fore-arm, or tibia. There are two species:

First, called *SIMPLEX*, which is discoverable by a deep-seated, immoveable, smooth tumour, almost as hard as bone, resembling commonly in shape an egg, of the same colour of the skin, and very frequently attended with severe pains of the bones. This requires the use of mercurials internally, and the decoction of *farsaparilla* with *mezereon*.

Second, *CARIOSA*, known by an inflammation preceding, and afterwards ceasing, and an exulceration of the soft parts; this requires the part to be laid bare, and the application of a solution of sublimate with essence of mastic.

—*Plenck. Doctrina de Morbis Venereis.*

Various are the topical remedies which have been recommended in these cases, and to relieve those excruciating nocturnal pains which attend them; few have been successful; mercury, blisters, or an incision have been recommended for this purpose; but, says Dr. SWEDIAUR, “the saline mercurial preparations are the medicines most to be depended upon, together with the decoctions of the woods, especially the decoctum *mezerei*, and *Æthiops antimonialis* of *HUXHAM*; according to circumstances, opium in large doses may likewise in obstinate cases be tried.” *W.*

bone,

bone, which has been of so long standing as to render it carious, it will be in vain to attempt the cure of the disease by a salivation, or any other method, unless care be also had to remedy this accident. And therefore the bone must be laid bare by applying a *caustic* to it, and its *exfoliation* promoted by medicines adapted to this end.

36. *If the ulceration of the mouth,* which generally accompanies a salivation, be so exceeding painful, or the mouth so excoriated as to bleed continually, it must be often gargarized with rose water, milk and water, or a decoction of barley, marshmallow roots, and quince seeds.* This is the only symptom I know of that is worth notice in a salivation, when it is conducted in a proper manner; and in reality, if the pain and ulceration of the mouth could be any way prevented, this disease would be as easily cured as some others are, of which much less notice is taken.

37. As to the diet and other regimen, I conceive they ought to be the same in a salivation, at least till it declines, with those which are directed in a course of purging. For as when a person hath taken a purge, he need only keep himself warm in his room, and eat sparingly of easily digestible food; so I can see no reason why a person in a salivation should be kept constantly in bed, and forbid a slender diet, which

* *If the ulceration of the mouth, &c.* If the ulceration spreads and eats deep, detergent gargarisms should be used; and the ulcers are to be frequently touched with a mixture of *honey* and *spirit of salt*, or *vitriol*, or the like; at the same time observing to lower the salivation, if it be risen too high.

may strengthen nature, struggling with the poison. For numbers have been destroyed, by their strength and spirits being totally exhausted, by sweating, purging, and needless abstinence, besides the mischief caused by the mercury: and frequently also, after the disease is gone off, the patient, not having sufficient spirits left to recover, sinks through debility; or if he escapes, it is with so much difficulty and pain, that life is not worth the purchase.

Why some
are obliged
to go to
France to
be cured.

38. And here it is easy to refute the objection, why some that undergo so much, in that state of the disease which we have just mentioned, are obliged to go to *France* to be cured. The reason of this I take to be, that in such persons the constitution is broken, and their strength exhausted, so that our thick and moist air hinders their recovery; whereas the air of the *French* climate, which is more healthy and clear, is suited to restore their strength and spirits; and not that the physicians of that nation, however learned they may be, have a better method of curing this disease, than those of our own country. But to return to the regimen.

39. I am therefore of opinion, and experience confirms it, that besides water gruel, panada, posset drink, warm small beer, &c. veal and chicken broth, and the like, may and ought to be allowed in a moderate quantity; and that as soon as the swelling of the gums is so much abated that the teeth can be closed, rabbits, pullets, lamb, and such light meats, may be permitted sparingly, and the patient likewise may sit by the fire, or lie in bed, which he likes best; for as the cure of this disease is to be effected by a salivation, and not by sweating, I

see

see no reason for over-heating the patient unnecessarily.

40. This method is not only more expeditious, as not requiring so many days to be fruitlessly spent in preparing the body before salivation, nor such frequent purgation, nor the common decoctions, after the salivation is over; but I am well assured it is also easier and safer, and more preventive of a relapse;* which any person, who has followed the other method, will experience upon making trial of this. At least it has succeeded with me in several patients, some whereof had already gone through more than one salivation, ineffectually, having always relapsed from the causes above enumerated.

Advantages
of this me-
thod.

* *And more preventive of a relapse, &c.* In order to prevent a return of the disease, the whole of the venereal virus should be totally eradicated, but unfortunately for us we have no criterion whereon we can found this knowledge with certainty. For though from the mercury affecting the mouth, the disappearing of internal venereal symptoms, and more particularly the external ones, the healing of venereal ulcers, cessation of pains, and vanishing of nodes and tophuses of the bones, we are certain that the mercury has been absorbed into the habit, and exercised its effects, yet we are by no means sure that it has totally cleared away from the constitution every particle of the venereal virus; for even after all these favourable appearances, the disease will sometimes return upon the unhappy sufferer, if the use of mercury is too early left off: it is therefore very wisely recommended to continue the exhibition of mercurials for a fortnight or three weeks after these symptoms have ceased to appear, and then we may be pretty confident that the cure is completed. Dr. Swediaur has observed in several patients who bore the internal use of mercury extremely well, as long as the disease took place, that on the moment the poison was eradicated, they began to nauseate it; which proved to be the standard of their being radically cured. *W.*

The author
apologizes
for himself.

41. To conclude. I need not use many words, worthy Sir, to gain your esteem, who have long been convinced of my probity, and vouchsafed to advance my reputation. I will therefore say nothing more of this disease, for it never was or will be a pleasure to me to perplex matters by a prolix and intricate stile. Be pleased then to accept this short performance, how inconsiderable soever it be, either in value or bulk; because I wrote it principally for the public good, and to testify my regard for you: which, great as it is, is yet less than your merit, both from me and all those who are no strangers to your great learning, affability, candour, and other laudable virtues. And indeed I do not flatter you, when I assure you, that since I was first honoured with your friendship, I have always set the highest value on it. For amongst the observations I have made during the short period of my life, this is well worth notice, and what I would likewise particularly recommend to my son, namely, that an acquaintance with men of eminent probity and virtue, hath always been of service to me; whereas, contrariwise, an intercourse with vicious men, (if such a friendship, as is not founded on virtue, does not rather deserve to be stiled a combination or conspiracy) though they never injured me by their words or looks, hath at last, by I know not what means, sometimes proved prejudicial to me or my affairs. Adieu, dear Sir; continue your friendship to

Your most obedient servant,

THO. SYDENHAM.

An

An EPISTLE of Dr. WILLIAM COLE
to Dr. SYDENHAM.

Worthy Sir,

YOU will perhaps wonder what impertinent person it is that breaks in upon your serious studies; but I hope you will pardon me, when I assure you, that it is chiefly to express my due acknowledgement for the singular advantages I have received from your elaborate essays on *acute diseases*. For you have specified all the constitutions of years and of the air, of which you undertook to treat, with great accuracy, and in a quite new method, and have intimated such genuine and very obvious indications, for the cure of all the diseases happening therein, and illustrated the work with such excellent remarks, that we may reasonably presume, that so much sagacity and indefatigable application will eternally oblige both the physician, and those who shall be committed to their care.

But though you have wrote so accurately of those things you designed to treat, that I can scarce forbear praising you for every particular, yet I chiefly thank you for your method of treating the *small pox*, by which that hitherto fatal disease may be readily cured, provided it be not attended with malignity, or some unusual symptom, or obstructed by nurses; a set of people, who frequently injure the health of mankind in a great degree, occasioning irregular symptoms by their hot regimen and medicines, and destroying abundance of persons before their time. You ought therefore, learned

Sir,

Sir, to be esteemed the preserver of mankind, and a sure guide to the sick in the extremest danger, conducting them to health, if they will but follow your directions.

For my part, though I somewhat distrusted my judgement, yet I have long been of opinion that the eruption of the pustules in the small pox is not the *essential* disease, but the *crisis* of the fever; and, accordingly, that, like other *crisis*, it required a regimen, in which, by the unanimous consent of physicians, the whole busines is to be left to nature, provided all things go on in a proper manner; which generally happens in this disease, unless the blood be immoderately agitated in the beginning. But, after having perused your excellent treatise, I found that those fears which had so long possessed me and others were groundless, and I ventured to treat my patients according to your method, (though sometimes not only the common people, but physicians condemned it) which proved so successful with those that complied with it; that, whatever others think, I shall always esteem myself happy in the posession of so valuable a treasure.

And when I was called to persons afflicted with the *confluent small pox*, which, however, seldom happened, I scrupled not, upon your authority, to have recourse to opiates, though they seemed to be expiring, and have had great success. And, in reality, you seemed to have given us so complete a treatise on this disease, that I should easily have imagined that the subject was exhausted, had I not lately been informed by my learned and intimate friend Mr. Kendrick, who highly extols your civility, that you had

some

some new observations on this distemper, which I cannot but think must needs be eminently useful in practice, because they are the fruits of your labour; and that, unless you communicate them to the public, you will injure mankind and your own character likewise. And therefore if the entreaty of a person unknown to you be of any weight, I beg you would publish them. But I must not stop here: for, having learnt from the same gentleman, that you have some curious observations on *hysterick diseases*, (which as they have exercised and fatigued the minds of the ablest physicians of all ages, so, alas! do they too often withstand the methods of cure delivered, and demonstrate how unsafe it is to trust to our reason in philosophical matters, except in such things as fall under the notice and testimony of the senses.) You must give me leave to say that you will, doubtless, greatly oblige both the present age and posterity, by publishing your sentiments of them. At least, I beg you will not be offended at the request which I, though unknown to you, have ventured to make, both for my own and the public good, and that you will reckon amongst the number of those who are most devoted to you,

Your obedient servant,

Worcester,
Nov. 17, 1681.

WILLIAM COLE.

*An EPISTLE from Dr. Tho. SYDENHAM
to Dr. W M. COLE, treating of the Small Pox
and hysterick Diseases.*

Worthy Sir,

The author's modesty. **W**ERE I to gratify self-love so far as to appropriate to myself the praises which I have no right to, it would be difficult for me not to betray some pride, upon being so highly commended by so great a man, who, though an utter stranger to me, is known to the learned world by his excellent writings. But your having honoured me thus far, though undeferving it, I ascribe to your civility; for the worthiest men are so formed by nature, that they are not only kind to such as err in trivial matters, but are always ready to give a proof of their candour, by commending those who come far short of perfection. And it is with gratitude I own that you have given me a remarkable instance of this, by approving my slender endeavours, which were intended to benefit mankind.

His reasons for treating of the hysterick passion. 2. You have here what you requested, namely, my farther observations on the *small pox*, and my new treatise of the *hysterick passion*. I begin with the former, that what should seem to have been wanting in it hitherto may be supplied by such remarks as are the result of a longer experience. But I have undertaken to treat of *hysterick diseases*, because, except fevers, they happen most frequently, and likewise because I conceive my trivial observations may be of some advantage to practice. But I own I had still another reason for prosecuting these studies, besides the

the hope of serving the public, which was to employ my leisure hours well, and spend the long winter evenings agreeably and usefully, being prevented by age now from going abroad to pick up companions. But whatever it was that first induced me, I do not find myself so fit for the undertaking, as I hoped to be ; for that continued series of thoughts which requires a fixt attention, has for many years past been prejudicial to my gouty constitution, and is more so now old age approaches. Yet as I have received your obliging letter, I will, in answer to it, treat of these matters, though with more brevity than I at first designed.

3. Before I begin to treat of the *small pox*, I must inform you, that the same sort of *intermitting fevers*, which, as we have said in another place, arose first in 1677, still prevails, *viz.* in 1681, the time of my writing this epistle. These fevers, throughout those years in which they reigned, like all epidemics, chiefly raged in those seasons that conspired most with their nature ; but upon the approach of another season yielded to such epidemics, as that season principally favoured. For instance, upon the coming in of winter, they always gave way to the *tough* and *peripneumonic fevers* thereon depending, and likewise to the *small pox* ; but upon the return of the spring they re-appeared. So in the year 1680, when these intermittents had prevailed universally during the autumn, the *small pox* succeeded them in the winter and spread much ; but in 1681, the intermittents returned, though they did not spread so epidemically, the violence being abated, so that the *small pox* appeared along with them in a few places. But at the be-

ginning of summer the *small pox* increased every day, and at length became epidemic, and killed abundance of persons.

The patient,
why not to
be kept in
bed before
the total
eruption of
the pustules.

4. What reason seemed to intimate formerly, appeared manifest to me this year, 1681, namely, that it is wrong to confine the patient constantly in bed, before the total eruption of the pustules; for the spring and summer having been the driest seasons that any person living could remember, for the grafs was burnt up in most places, the blood was by this means deprived of the greatest part of the humidity, which the air otherwise usually communicated to it; whence the then reigning *small pox* was accompanied with a more considerable inflammation than ordinary, and the other symptoms thence arising were more violent. And this I conceive was the cause that *purple spots* frequently preceded the total eruption of the pustules, and that the violent inflammation which expelled them, by dissolving the texture of the blood, suddenly destroyed the patient before the due expulsion of the morbid matter. And the disease proved so much the more destructive, because the eruptions so readily ran together, for the reason above intimated; for the intemperature of the air, now, did the same mischief spontaneously, which ignorant practitioners ordinarily occasion, by using a hot regimen and cardiacs, at the beginning of the distemper. For it is a remark well worth noting, and the result of the most accurate observation, that the *small pox* is least dangerous, when the eruptions are few, and most so, when they are numerous; and accordingly the fewer, or more numerous they are, the patient lives or dies. It must, however, be owned, that the

bloody

bloody urine and purple spots, which so certainly prognosticate death, do sometimes happen, when there is little sign of the appearance of the *small pox*, or only a very few eruptions coming out; but these, as they generally accompanied the *confluent small pox*; so they sometimes came so early, as to destroy the patient before the total eruption of the pustules; as we observed above.

5. I conceive it easy to account for the patient's being more or less endangered, in proportion to the paucity or number of the eruptions; for as every pustule is at first a *phlegmon*, though of a very small size, and soon im- posthumates, so the secondary fever, which depends on the matter now making, is more or less violent at the height of the disease according to the quantity of matter to be suppurated, which is usually completed in the mildest sort of the *confluent small pox* on the *eleventh* day, in the middle sort on the *fourteenth*, and in the worst on the *seventeenth* day. For it must be observed, that as the confluent kind exceeds the distinct in point of danger, as much as it is itself exceeded by the plague, so likewise the above-mentioned three sorts of the confluent *small pox* are comparatively more dangerous the one than the other; which respects also the sex or age of the patient, it being generally known, that persons in the prime of life are in greater danger in this disease, than women or children under fourteen.— But this by way of digression.

6. Nor will it seem strange that the danger should be so great from a large number of eruptions, if it be considered that a *phlegmon* (commonly called a *boil*) in the arm or any other part,

will occasion a fever whilst it suppurates; the blood being inflamed by the purulent particles which are received into the mass from the veins according to the laws of circulation, and thus giving rise to the fever. But the physician has more reason to foretell death, on one of the above-mentioned days, when the face, at the beginning of the disease, appears totally covered with small eruptions, resembling the filings of steel, on account of the extreme violence of the succeeding fever, which necessarily rages in proportion to the quantity of matter thrown out of those innumerable imposthumes into the blood. And it is easy to foresee the destruction of the patient some days before it happens, though he thinks himself in a fair way, and is reputed to be so by the attendants, who are unacquainted with the nature and course of this disease.

The number
of eruptions
whence.

7. Hence, therefore, if the patient be not otherwise endangered than from the abundance of eruptions (setting aside the bloody urine and *purple spots* for the present,) I consider well whence this proceeds, and if it can be done with safety, use my best endeavours to repress them, which in reality is the principal thing to be effected, and the way to relieve the patient; every thing being very hazardous, when this kind of the disease is confirmed: so that if the patient should escape, it is not so much owing to my care, as to a plentiful bleeding at the nose, or some other accidental alteration happening in the course of the disease. *Now such an extraordinary eruption of pustules,* in my opinion, proceeds from*

* *Now such an extraordinary eruption, &c. That the causes mentioned by our author concurring with the disease, will*

from the too sudden assimilation of the variolous matter; which seems chiefly to arise either from the over hot and spirituous constitution of the patient, or from his having raised the fermentation too high by confining himself to his bed too soon, taking hot cardiacs, or any sort of spirituous liquor; by which means the blood is disposed to receive the impression of the disease more intimately, and nature being greatly disturbed by the vast quantity of the variolous matter, endeavours to change almost all the solids and fluids into pustules.

8. The immoderate assimilation of the variolous matter, however, cannot be more effectually promoted than by the patient's confining himself in bed unseasonably, namely, before the *sixth* day from the beginning of the illness, or the *fourth* inclusive from the eruption, when all the pustules are come out, and no more are expected. And though the moderate warmth of the bed, even after this time, does in some measure contribute to bring on the delirium, watching, and other symptoms, yet these are of such a nature, that they readily yield to proper remedies; whilst the imminent danger of death that happens on the *eleventh* day, from the great abundance of

will certainly aggravate its symptoms, and probably bring on a train of new ones, there is no doubt; but without the co-operation of these causes, the circumstance he alludes to often may and do arise; but we cannot point out the specific constitutional process which produces them, that seems yet to be amongst the number of the *arcana naturæ*; and we can only attribute it to the peculiar predisposition in the habit; but whether this exists or not, we cannot determine *à priori*, we conclude so *à posteriori* from the effects, at the same time not being capable of reasoning with any certainty on the method by which it is produced. *W.*

the pustules, cannot be prevented or removed by medicine.

This therefore is to be carefully avoided.

9. The patient therefore is to be diligently admonished *by no means to keep his bed in the day-time*,* till towards the evening of the sixth day, whereby the eruptions will be fewer, and he will be greatly refreshed. But after this time, if the pustules be very numerous, he will scarce be able to leave his bed at all, on account of the pain thence arising, and a greater disposition to fainting upon sitting up; so that having frequently remarked this, it came into my mind that nature in the customary course of the disease, first pointed out the time when it is necessary to keep the patient always in bed.

The nature and progress of the disease to be investigated, in order to confirm this rule.

10. But in order to confirm this practical rule, which is of so great moment: in lessening the impending danger from the *small pox*, and in treating of it, at the same time, to take our history of it from the beginning to the end, it will be proper to draw up a kind of plan of the whole disease, and make a strict search into its nature and progress; so that we may at length be enabled to ascertain the matter clearly, from the unerring reason of those who make use of the justest observations, and not from opinion founded on the slippery basis of fancy.

* *By no means to keep his bed in the day-time, &c.* Dr. Hillary tells us, that he never found that the sick could bear keeping out of bed so long, unless the distemper was very mild, and the pustules few; should this be the case, we may make use of our author's direction, that it is proper to keep our patients up as long as we can, within the time limited, and prevent them from subjecting themselves to be too much heated, or have their spirits proportionably depressed, or becoming languid. *W.*

11. In the first place, therefore, its essence, It seems a
so far as we can trace the essence of things, seems ^{peculiar in-}
to consist in a peculiar inflammation of the blood; ^{flammation} _{of the blood.}
in which, nature is employed for some days, in
the beginning, in preparing and moulding the
inflamed particles, for their readier expulsion to
the external parts, at which time, the blood
being disturbed, a fever must needs be occasioned;
for, the agitated particles, hurrying in a tu-
multuary manner through the vessels, necessarily
cause a sickness at the stomach, sharp pains in the
head, and all the other symptoms preceding
the expulsion, according as they are carried to
this or that particular part. But when the eru-
ption is over, the fleshy parts become the seat of
the disease; and as nature has no other method
of expelling the peccant matter from the blood
but by raising a fever, so, likewise, it does not
free the fleshy parts from any extraneous body,
but by imposthumation. Thus if by accident a
thorn, or the like sharp pointed body, be lodged
in the flesh, unless it be immediately extracted,
the parts around soon imposthume. Hence it
is, that when these particles are lodged in the
flesh, they at first occasion very small *phlegmons*,
wherein they lie concealed; which increasing
every hour, and becoming more inflamed, at
length come to suppuration; when a part of the
matter must needs be licked up by the blood
which returns by the veins; and if too large a
quantity thereof be received into the mass, it is
not only productive of a fever, which the debili-
tated patient is unable to bear, but also taints
the whole mass. Nevertheless, this is not the
principal evil; for, by the extreme heat of the
fever during the last days of the illness, occa-
sioned

sioned by the excessive violence of the matter, the salivation, which ought always to accompany the *confluent small pox*, is stopt too soon, whence immediate death ensues. But if only a small quantity of the purulent matter be received into the blood, the violence of the secondary fever is easily checked by the increasing strength of nature, and the pustules drying away gradually, the patient soon recovers.

Failure or
success de-
pend upon
the proce-
dure in the
beginning.

12. Now, allowing this to be the genuine and just history of this disease, it is manifest, that failure or success, on either hand, depend upon laying a good or bad foundation of the cure in the beginning. For if these hot and spirituous particles be rendered more so by hot medicines, and especially by a constant confinement in bed, the assimilating virtue, which they already possess in too great a degree, must needs be heightened and increased. And, besides, the blood and other juices being hereby heated, yield more readily to the stronger impression of the particles, whence more eruptions appear than should, and life is, in consequence, unnecessarily endangered. Whereas the contrary, *viz.* the moderate cooling regimen, and the free use of the air, not only abate the force of the hot tumultuary particles, but likewise thicken and strengthen the juices, so that they are better enabled to resist the morbid species, and support the violence; and hence no greater quantity of variolous matter is prepared, than is natural in this disease.

Disadvan-
tages of too
early con-
finement in
bed.

13. But the only inconvenience arising from a too early confinement in bed, is not from the assimilation of too large a quantity of the morbid matter, and the immoderate exaltation of the ferment,

ferment of the disease, for the same cause frequently produces bloody urine, and purple spots,* especially in summer, and in persons in the vigour of life. In my opinion both these symptoms proceed from the heat and commotion raised in the blood by hot and spirituous particles, by which it is agitated and considerably attenuated, so that it bursts the vessels, causing *bloody urine* when it forces its way through the kidneys, and *purple*

* Frequently produces *bloody urine* and *purple spots*, &c. In the *bloody small pox*, if there is any room for physic, says Dr. Mead, those medicines bid fairest for success, which by their stypticity thicken the blood in some measure, or rather add tone to the *vascular system*, and so check it, that it cannot break through even the smallest arteries; the best of this kind are the *Peruvian bark*, *alum*, and that spirit which is called *oil of vitriol*, at present *acidum vitriolicum*: now these are to be used alternately in this manner; a dram of the *bark* may be given every sixth hour, and three hours after a proper quantity of *alum*. It will be a very powerful medicine, if thus compounded: melt three parts of *alum* on the fire, with one part of that inspissated juice which is improperly named *dragon's blood*; when the mass is grown cold, reduce it to a powder, a scruple of which made into a *bolus* with *conserve of red roses*, will be a proper dose. The most convenient manner of giving the *oil of vitriol* is in the *tincture of roses*, called in the new London *Pharmacopœia infusum rosæ*; five or six spoonfuls whereof may be taken several times in the day; and besides the patient's common drink may be acidulated with it, especially if purple or black spots appear interspersed among the pustules. And this medicine will be of great service, not only in the *bloody*, but in all the other sorts likewise, accompanied with these spots. This one thing more I will add, that I have experienced the use of *blisters* to be safe enough in this case, when a *delirium* requires their application. I have indeed seen some patients recover by this method, who had discharged large quantities of blood by the urinary canal at the time of the eruption of the pustules; but it is worthy of remark, that in all these the disease terminated in some considerable evil. Stack's *Translation of the Doctor's discourse on the Small Pox.*

spots,

spots, when it is strained through the extremities of the arteries terminating in the muscles and skin, which resemble so many mortifications in those parts wherein the extravasated blood is coagulated. And though both these symptoms might easily have been prevented in the beginning (when they chiefly happen) by a cooling regimen and diet, yet when they actually appear, whoever attempts to cure them, by confining the patient in bed, and exhibiting cardiacs, will find himself as much in the wrong, as an old woman would be, who to make her pot boil more gently, should make a larger fire underneath.

The patient sometimes to be exposed to the open air at the beginning of the disease.

14. But, to acknowledge the truth upon this occasion (though it should chance to displease the dogmistical, and such as are unacquainted with this matter, and therefore incompetent judges) it is not only unsafe to keep the patient always in bed the first day of the illness, *but sometimes necessary to expose him to the open air*,* *viz.* if it be the summer season, and he not past the prime of life, or if he has been accustomed to spirituous liquors, and especially if the disease be

* *But sometimes necessary to expose him to the open air, &c.* Experience has confirmed so fully the utility of this practice under the directions of judicious physicians, there is no need of saying much here upon the subject; it may, however, be necessary to remark, in addition to what has before been said in *Note* *, pag. 175, vol. i. that the constitution of our patient should be well considered before we permit a free exposure to the air in these cases; for if it should be very delicate, and the vascular system in so weakened a state, that the internal vessels cannot push the fluids freely to the surface, the accession of cold air will determine the humours too much internally, and contribute towards a more copious eruption in those parts. *W.*

owing

owing to hard drinking. Now in these cases the too hasty eruption of the pustules cannot in my judgement be sufficiently checked by refraining from bed, and taking no cardiacs; for the blood, unassisted by these, is so overstocked with hot spirits, of a like kind with the disease, that a sort of violent expulsion of it must necessarily happen; and moreover such a plenitude of humours will resolve into pustules, that the patient, being quite oppressed by the very copious matter returning into the blood, must inevitably perish at the close of the disease.

15. But the immoderate exaltation of the ferment does frequently increase the force of the variolous matter so much, that the patient sinks at the beginning of the disease, *viz. when the* <sup>How de-
stroyed at
this time.</sup> *morbific matter cannot disentangle itself** and come out, by reason of the confused and irregular motion raised in the blood; but *bloody urine*, and *purple spots*, succeed instead thereof, and close the catastrophe. And these likewise often happen in the *measles* and *scarlet fever*, if the eruption be unseasonably and vigorously promoted.

16. Nor do I find that bleeding, (though it be used early) does so effectually check the over-hasty assimilation of the variolous matter, as cooling the blood by the air received in by breathing, especially if the patient be put to bed immediately after the operation, and heated by

* *When the morbific matter cannot disentangle itself, &c.* When the blood is moved with too great velocity, no secretion can be regularly made, but much of what should be thrown out will remain in the mass, which will doubtless render it more acrimonious, and consequently increase the fever, and occasion ill-conditioned symptoms.

hot cardiacs ; the blood being by this means more disposed to receive the impression of the adventitious heat, than it was before bleeding. And I solemnly affirm, that one of the worst cases I ever met with in the *confluent small pox*, in which the patient died on the *eleventh day*, *happened in a young woman soon after her recovery** from a *rheumatism*, by the usual method of copious and repeated bleeding. And from this instance I first learned that bleeding did not contribute so much to keep the *small pox* within its due limits, as I heretofore imagined ; though I have frequently observed that repeated purging, before the blood

* *Happened in a young woman soon after her recovery, &c.* From the translation and pointing of this period it would appear, that the death happened from the usual method of copious and repeated bleeding, and not the recovery from the rheumatism ; in the Latin edition it appears infinitely more clear, that the recovery was occasioned by that method ; speaking of the confluent small pox, “ *Qui ægram* “ *undecimo die jugulavit, juvenculæ supervenisse* ; *ubi* “ *primum à rheumatismo usitata illa methodo copiose &* “ *iteratæ venæflectiones fuerat liberata* ;” we would therefore write and point it thus, *happened to a young woman* ; *who had just before recovered from the rheumatism by the usual method, &c.* ; nor can we ascribe the death to the inflammatory and very tenacious state of the blood, agreeable to Dr. Swan’s opinion, but rather to the system probably having been debilitated by the severity of the previous disease, and thrown into a state highly disposed to favour the violent action of the morbid miasmata received ; for we do not find that people subject to rheumatic affections are more liable to have so dangerous a sort of the small pox, than others whose habits are free from the seeds of this complaint ; but we know profuse bleeding, and that repeated, disposes the blood to become acrimonious, destroys its healthful crisis, debilitates the vascular, and weakens the energy of the nervous system ; all which seem calculated to increase the severity of the disease from constitutional defects. *W.*

is infected,* generally renders the subsequent small pox of a mild and distinct kind.

17. I am well aware that several objections may be made to this opinion of ours, of permit-

Objections
may be made
to the pa-
tient's sitting
up in the
day-time.

* *That repeated purging before the blood is infected, &c.*
" Dr. Hillary recommends a preventive method against the violence of the small pox, which consists in taking several doses of proper *antiphlogistic purging physic* at suitable distances from each other; abstaining, on the days between purging, and during some time, from all heating, high-seasoned meats and hot spirituous liquors, using a thin, cooling, and diluting diet, drinking small, cooling, and gratefully acid liquors, and being very regular in the non-naturals. He observes, that if the person be of a very sanguine habit, bleeding will be requisite, or if the stomach is foul, a vomit, before the course of purging is begun.

He adds, by this regimen the crude humours of the body will be carried off, *the sanguinary mass cooled, the tone of the vessels properly reduced, and hence the system rendered less liable to inflammation or putrefcency*, and consequently the succeeding disease and its symptoms will be more mild and favourable.

I have always observed, that the longer the method above recommended was continued, before the person was infected, the more mild and favourable the disease was rendered, the symptoms more moderate, and the pustules fewer. I never saw the *confluent small pox* follow the use of it, even when the persons were infected from such as had that sort of *pox*, and in some families to whom this disease had been frequently fatal. It is the chief, if not the sole advantage, which inoculation has above the common way of infection, that the body by this, or some such like method, may be prepared for the attack; and those who do not approve of inoculation, may, as far as I have hitherto found by experience, reap all the advantages of inoculation, without being concerned in giving the disease; and if the person thus prepared should escape the infection, such gentle cathartics, and a temperate way of living, though continued for some time, when the *small pox* reigns in the neighbourhood, will be far from injuring the constitution." But it should have been added, that this mode is to be pursued consistent with the nature of the constitution; for though it may succeed in a great many, some will not bear it equally well with others. *W.*

ting

ting the patient to sit up in the day time ; which may have great weight with the common people, and such as are little skilled in this disease, to whom the lower rank of physicians generally appeal as proper judges in the case, that they may support their ill-grounded reasoning by their authority : such reasonings being in reality better adapted to their capacities, than those that are the result of deliberate consideration in men of deeper penetration. Hence it follows, that as the bulk of mankind can only arrive at a superficial knowledge of things, and but few have ability to go the bottom, so these pretenders to learning, under their patronage, easily get the better of the more intelligent, who are often exposed to calumny, but bear it patiently, because they have truth, and the most knowing men, though not the greatest numbers, on their side.

Some of
them enu-
merated and
answered.

18. It is objected, first, that sitting up in the first stage of the disease hinders the eruptions of the pustules, and, of course, prolongs the sickness, and other symptoms proceeding therefrom ; which indeed I own, and daily experience confirms it. But then it must be inquired, which of the two is most dangerous ; (1.) to give a little check to the variolous matter, and thus prolong the sickness occasioned by keeping back the eruption, or (2.) to increase the ferment of the disease, and assimilate so large a quantity of variolous matter, as to endanger the life of the patient, by the *secondary fever* on the *eleventh day*. I conceive it will appear, upon duly considering the matter, that very few have died merely because the *small pox* did not come out sooner or later ; unless

lefs perhaps a few of those, whose blood being inflamed by excessive heat and motion, circulated with such velocity, as not to allow sufficient time for the morbid matter to be expelled slowly; which is an argument in favour of my opinion.

19. For though we do nothing at all, we need not fear but the variolous matter (how much soever it shifts at the beginning of the illness, and oppresses the various parts it attacks, occasioning violent symptoms, as enormous vomiting, pain in different parts, &c.) will nevertheless, at length, be conquered by nature and driven to the skin; especially as the costiveness of the patient, to this time, promises a certain, though a late eruption of the pustules afterwards. But, contrariwise, how many dangerous symptoms ensue whenever the eruption is unseasonably promoted! It would take up too much time to enumerate them all; and we have already mentioned the chief, which are, (1.) the number of eruptions too much augmented, whereto the fever which comes at the close of the disease is proportionable, and accordingly more or less dangerous; (2.) the *bloody urine* and *purple spots*, both proceeding from the extravasated blood, which being too much attenuated and violently agitated by immoderate heat, runs off wherever it finds a passage; (3.) as we have already remarked, a total stoppage of a proper eruption, occasioned by endeavouring too solicitously to promote it, which fails of answering the end.

20. If it be asked why a proper separation of the variolous matter may not be as well promoted at the beginning of the disease, by refreshing the patient with the moderate warmth of the bed, as without it; I ask, by way of reply, whether experience does not testify, that a person in

winter, whilst he lies in bed moderately covered, without a fire in the room, is much warmer, than when he sits up therein well cloathed? And if the difference here be manifest enough, I next inquire *which of the methods is best adapted to check the immoderate* motion of the variolous ferment?* Which in my opinion, the physicians ought chiefly to endeavour in the beginning, and

* *Which of the methods is best adapted to check, &c.* In all diseases arising from morbid miasma received into the habit, where the cure is to be expected from the proper elimination of the offending matter, the circumstances of the constitution are to be attended to, and our modes adapted to give relief according as the necessities of the system may require: if too violent in its action, it must be moderated; if too torpid, it must be roused; and notwithstanding the general fault in the beginning of this disease deduces its origin from the former cause, sometimes the latter occurs; both which must be obviated according to their particular nature; in common, the antiphlogistic method, but sometimes the stimulant is most eligible; and hence the moderate warmth of bed may, though not always, sometimes be indispensably necessary. *W.*

Dr. HILLARY on this disease observes, that as the regular and complete eruption and suppuration may be retarded, either by the over violent motion of the blood, or, on the contrary, by its being too low, languid, and weak, and that an error on either side may prove fatal; a strict regard must be all along had to the pulse, fever, and strength of the patient, as well as the number of the pustules and other symptoms, that they may be kept regular and moderate; and whenever they are not so, nature must be assisted, accordingly as these indicate and require, either by the use of *antiphlogistics* and *evacuations*, &c. as before directed, or by *gentle cardiacs* and *alexipharmacic medicines*, &c. But the latter are scarce ever required in the first state, and not near so often in the second as the *antiphlogistics* are; besides, as Dr. Sydenham observes, the over-officious Petticoat doctors prevent this by giving sack and saffron, and their other good things, as they call them, whereby they too often either kill the patient, or at least render the cure very difficult; yet I am well assured, that some have been as directly murdered by the too liberal use of cold water, when the lowness of the fever and oppression of nature required a warmer *regimen*.

according

according as he deviates more or less from this end, he will assist, or injure the patient.

21. But what has chiefly imposed upon the inattentive in this case, is their having observed a tendency in the patient to spontaneous sweats, which continually flowing whilst he keeps his bed, much more abated the feverish heats, than in those who did not sweat. Let us therefore first consider, why we solicitously endeavour to check the fever, since it is the usual instrument which nature chiefly uses in preparing and expelling all kinds of noxious matter which lurk in the blood: for it is evident, that whilst we carefully promote sweat, in order to lessen the fever, we by the same means force out a crude and indigested humour, like unripe fruit, and by these sweats afterwards cause a high fever; for by this method the serum of the blood, wherewith the blood itself, and those newly-generated hot variolous particles are diluted, is driven out, and in the mean time these particles become more noxious and active, inasmuch as they are now freed from the serum, already exhausted by sweat. In short, the abatement of the fever and other symptoms by sweat, and the too hasty expulsion of the pustules hereby occasioned, have succeeded ill in abundance of persons, who have perished on the *eleventh* day from this cause.

22. But it is to be observed, that I charge the patient to refrain from bed, only on supposition that the approaching *small pox* is of the confluent kind; for as to the distinct sort, provided it can be certainly foreseen, the patient need not be kept always in bed, or enjoined to sit up, as the paucity of the eruption prevents all danger either way.

The author's
opinion
founded on
observation.

23. However, I do not flatter myself so far as to think, that what I have here delivered should be credited upon the authority of my slender judgement. And in reality, I have ever so lightly esteemed the sentiments of the generality of mankind, that I may always reasonably suspect my own, when they clash with those of others; and I should be upon my guard in this case too, if my reasonings were not unanimously supported by practical observations. For, setting aside these, what appears reasonable to me or any other person, may, perhaps, be nothing more than the shadow of reason, that is, barely opinion. And the more I converse with men, the more I am convinced how dangerous it is, for persons, of the acuteſt understanding; to rack their brains in making a ſtrict ſearch into any art or ſcience, unless matter of fact be conſtituted the judge and teſt of truth and falſity; for, to uſe Cicero's words, thoſe who are ſo highly prepoſſeſſed of their abilities, deviate widelу from truth, in mere ſpeculative matters; whereas thoſe who apply their minds only to ſuch things as may be certainly determined by practice, though they ſhould happen to miſtake, would ſoon be ſet right, by bringing their notions to this touchſtone. For instance, in the preſent caſe, cannot I certify myſelf by obſervations, what method is moſt productive of a favourable or ſevere kind of *small pox*; and ſo form a judgement thereof, agreeable to the clearneſſ of the fact? And were others to follow this way of reaſoning I ſhould be ſatisfied with their conduct; but it is moſt unjust to accuſe me of advancing falſities, without having once tried whether the method, ſo frequently mentioned above, of keeping

keeping the patient up in the day time, at the beginning of the illness, be advantageous or detrimental. Sure if this humour of defaming those who discover truths, though contrary to generally received opinions, had formerly prevailed, no body would have attempted to make any discoveries that might be useful to mankind. But why should I give myself so much trouble, if a long course of experience did not manifest this method to be much safer than the common one? For I am not so weak and senseless as to seek for reputation, by exploding the opinions of those whom I ought to flatter, if I courted applause. Neither is it to be supposed that I am so abandoned, as to use my authority to compass the destruction of late posterity after my decease, that so I might murder my fellow creatures when I am dead, as well as during my life; which I tremble even to mention.

24. However it be, I have used this method in my own children, my nearest relations, and all those I have attended; and am conscious of no fault, unless if be the yielding sometimes to persons of a contrary opinion, to avoid the imputation of moroseness and obstinacy; for the truth of which I appeal to my intimate acquaintance. But this has not been my sole misfortune; for sometimes, also, notwithstanding *that the attendants had contemned my advice and directions** throughout the

He followed
this method
in his chil-
dren and
relations.

* *That the attendants had contemned my advice, &c.* Few physicians, even of the first eminence, have escaped from disappointment and censure from this ungenerous source; nor need we be astonished, when we consider the perverseness of disposition and irregularity of conduct so often prevalent in those who labour under disease; satisfied with little less in the most obstinate complaints, than effects most miraculous.

the course of the disease, yet they have charged me with the death of the patient, though he perished by the heat which his friends and the nurse promoted, and I exclaimed against so loudly. Hence I could not help thinking, considering the insuperable prepossession of the multitude, that it would be better for me, if I were never to be called again to attend any person in this disease.

The method defended.

25. I own, indeed, that the *small pox*, in what manner soever it be treated, will sometimes prove highly confluent; whence this disease is never void of danger, though the best method and medicine be used to prevent it. But it is enough for my purpose to assert, authorized by frequent experience, that whoever refrains from bed in the day time at the beginning of the disease, abstains entirely from flesh, and drinks only small liquors, is abundantly safer than he that confines himself immediately in bed, and takes hot cardiacs. For this method, as above mentioned, will generally prevent too large a crop of eruptions, and consequently the excessive effervescence of the secondary fever, which not only proves destructive of itself, but by thickening the *saliva* too soon, endangers the patient in the

raculous from medical knowledge, which not happening, neglect is the consequence, often persuaded to it also by their attendants, who, without the capability of reasoning, without the pretence of experience, counteract every intended good purpose, blindly and madly prefer their own advice, and render those cases desperate, which were before not dangerous, though tedious; then load the practitioner with obloquy unmerited.—This has been too often, and will still continue to be the case, so long as any fool is permitted to play the physician, and weak minds suffer themselves to be influenced by the arrogant presumption of ignorance. *W.*

declen-

declension of the disease. Moreover this method is preventive of the *purple spots* and *bloody urine*; both which symptoms seize at the beginning of the disease, and often before any sign of the eruption appears; which ordinarily happens, also, in the *measles*, *scarlet fever*, and other acute diseases, proceeding from a violent inflammation. Not to mention the singular refreshment the patient finds from the admission of fresh air, every time he is taken out of his warm bed: which all those that I was suffered to treat in this manner openly declared, and were very thankful for having, as it were, received new life and spirits from the breathing a cooler air.

26. Hence I have been induced to reflect, The inclina-
tions of the
patient to be
gratified. how much more frequently we are deceived, by the specious appearance of reason, than by sense, of which we have the surest knowledge; whence it should seem, that *more regard is to be had to the appetites and longings** of the patient, if they be not very irregular, or immediately destructive, than is due to the more precarious and fallacious rules of the healing art. To exemplify this: a person Exemplified. in a burning fever earnestly desires to drink freely of some small liquor to refresh him; but the rules of art, which are built upon some hypothesis, having a different design in view, thwart the appetite of the patient, and, instead thereof, order a cordial. In the mean time the patient, not being suffered to drink small liquors, nauseates all kind of aliment; but art, especially that which is professed by the patient's friends and attendants, earnestly requires he should eat. Another,

* *More regard is to be had to the appetites, &c.* On this subject see our Note *, pag. 313. vol. i. *W.*

after a long illness from the same cause, begs hard for some uncommon, and perhaps pernicious eatable ; and here again, impertinent art thwarts the inclination of the patient, and threatens him with death if he disobeys : unless, perhaps, the artist thoroughly understands this excellent aphorism of the sagacious *Hippocrates*, viz. *Such food as is most grateful, though not so wholesome, is to be preferred to that which is better, but disagreeable.*

Proved to
answer the
best ends.

27. Now, he that is but little versed in the practice of physic, will readily grant, after due consideration, that in all these deviations of nature, several patients have immediately mended, upon their non-compliance with the directions of their physician, and indulging their own inclinations. Nor will this seem strange, if it be considered, that the all-wise Creator has formed the whole with such exquisite order, that as all the evils of nature eminently conspire to complete the harmony of the whole work ; so every being is endowed with a divine direction or instinct, which is, in a manner, interwoven with its proper essence, whereby it removes those ills from itself. And this is manifest in the natural terminations of many *acute diseases* (which generally proceed from God, as *chronic* ones do from ourselves) and likewise in the propensions which accompany them, and make way to free the patient from that danger, which art, when exercised by the ignorant, usually occasions. And hence, indeed, the safety of mankind was provided for, who had otherwise been in a melancholy condition, at a time when the healing art was totally confined with the narrow bounds of *Greece*, which bears much the same proportion to the rest of the world

world as a little village does to *Great Britain*. And, even at present, what would be the fate of the inhabitants of so many other vast countries, since all *Asia*, *Africa*, and *America* (except a few thinly peopled colonies lately established) and likewise a great part of *Europe*, remain utterly *destitute of the art of physic?* * But as an elegant comic writer, to distinguish such as were famous for reason and the practice of virtue, from the herd of those that disgrace the human form by a brutal life, says, *they are men, if they behave like men*: so likewise the art of medicine, if it be a real art, and not barely a name, is the best of all worldly gifts, and so much more preferable to all others, as life surpasses all the enjoyments it brings with it.

28. But to return to our subject; how advantageous soever it be, in general, to keep the patient in bed at the beginning of the disease, yet sometimes (which is to be observed) ^{Sometimes necessary to confine the patient in bed before the eruption.} he must be wholly confined to it before the eruption. For instance, when a child, after dentition, *is suddenly seized with convulsions*, † we must consider that this may probably proceed from the endeavour of nature to drive out the

* *Remain utterly destitute of the art of physic, &c.* Our author must here mean the art as it stood cultivated in his time, he could not mean it in a more latitudinous sense; for as the first law of nature is self-preservation, it is most probable, that the healing art took its origin as soon as disease made its appearance, see Note *, in the Author's preface, on this head; but now there remains no doubt but the art is universally diffused; and no part of the habitable world is devoid of its assistance in some shape or other, not even the most barbarous. *W.*

† *Is suddenly seized with convulsions.* On this particular, see part of our Note *, pag. 169. vol. i. *W.*

eruptions of the *small pox*, *measles*, or *scarlet fever*, though they yet lie concealed in the skin. In order, therefore, to guard sufficiently against this dangerous symptom, a blister must be immediately applied to the neck, and the child put to bed, and a cordial exhibited with a small quantity of some opiate; whereby the cause of the disease may be more powerfully expelled, and the disturbance also quieted, which occasioned the fit. For instance, five drops of *liquid laudanum* must be given to a child of three years old, *in a spoonful of plague water*,* or the like. And, in truth, I must suspect, not to say I am certain, that some thousands of children, and some grown persons, have been destroyed for want of the physician's reflecting that these convulsions are only the forerunners of the above-mentioned diseases: for unthinking practitioners taking these fits, which are really symptomatic, for essential diseases, and attempting to cure them by a frequent repetition of glysters and other evacuations, hinder the eruption of the *small pox*, and so prolong the fits, which they so solicitously endeavour to conquer, and which would, otherwise, certainly vanish spontaneously upon the appearance of the pustules. Besides, the *small pox* that is preceded by convulsions in children, (as we have elsewhere in-

* *In a spoonful of plague water, &c.* This spirituous vehicle is much too strong to be given to such young children, and the quantity of it is too large, even though it were to be diluted with some simple distilled water. Besides, the medicinal use of distilled spirituous liquors does so frequently prove highly prejudicial to grown persons, that no prudent physician will encourage the giving them in any but the smallest quantity, and very seldom in so tender an age.

timated)

timated) attacks them in a gentle manner, and seldom proves very confluent; so that the patient may be put to bed, with much less danger in the beginning of the disease.

29. But I have observed, that the *small pox*, ^{The small pox which succeeds comatous disorders, proves very confluent.} which immediately succeeds *comatous* disorders, proves very confluent; in which case, I rather order a blister, and the opiate described above, than let the patient keep his bed before the eruption: for sometimes, though very rarely, I have known such convulsions precede the fits of intermittents, and have often seen them begun and terminated by *comatous* disorders, both in children and grown persons; neither of which, however, need be minded, but the fever only is to be vigorously attacked, as it is the primary and essential disease. For, if I were to attend chiefly to the cure of these *comatous* disorders accompanying the fever, and accordingly try to conquer them by bleeding, purging, and repeated glysters, I should heighten the fever, and of course increase the *coma* to such a degree, that my patient would be laid asleep for ever; whereas, if I use my utmost endeavour to cure the fever, all the symptoms dependent on it will easily go off with it: which I desire may be carefully noted, because very fatal mistakes are often committed in this point. But I have treated amply of this in another place.

30. I proceed next to observe, that though the patient may sometimes refrain from bed in the day-time, yet, in case of extreme sickness, ^{Bleeding and a vomit sometimes requisite.} a high fever, violent vomiting, a vertigo, a kind of rheumatic pain of the limbs, and the like disorders, he cannot be allowed this refreshment, for these symptoms indicate the contrary;

trary; and if they be violent, especially in the young and sanguine, foreshew that there is a copious variolous matter in the body, and threaten great danger from the tumultuary eruption of the pustules, which will prove very confluent. In this case, therefore, as all endeavours must be used to check the immoderate ferment, which notwithstanding, on the one hand, will rage more by the continual warmth of the bed, and yet, on the other hand, the patient cannot keep up, by reason of extreme sickness, unless we relieve him, it is indispensably necessary to bleed first in the arm, and to give a strong vomit in a few hours afterwards, *of the infusion of crocus metallorum*,* which not only expels the matter occasioning this unusual sickness, but refreshes the patient so much, that being now in a manner well, he is able to refrain from bed. Neither are we to endeavour to weaken the force of the ferment by this method only, but, for the farther safety of the patient, besides the evacuations just mentioned, it will be proper to give him plenty of *spirit of vitriol*, in every draught of small beer, till the eruption be quite over. And notwithstanding these evacuations, and the use of the cooling drink, the patient must not be allowed to keep his bed in the day, if he can bear to sit up; because these general remedies do not check the assimilation of the variolous matter near so much as once cooling the blood by drawing in the fresh air, and breathing it out by the lungs, which alone immediately

* *Of the infusion of crocus metallorum, &c.* On this particular subject, see Note *, pag. 33, and Note *, pag. 38. vol. i. *W.*

abates the symptomatic sickness above mentioned in a surprising manner, as I have several times experienced. But this somewhat unusual method is not necessary, unless in such as are in the prime of life, whose blood has been over-heated with venery, or wine, and in others, (always excepting young children) who, together with the *small pox*, struggle with the above-mentioned violent symptoms. For where the blood is less inflamed, and the symptoms milder, as there is much less danger of assimilating the variolous matter too hastily, so, of course, neither the above-mentioned evacuations, nor the *spirit of vitriol*, need be used.

31. I have treated this subject more at large, because I am certain that success or failure in this disease depend chiefly, if not entirely, on the management of the patient in the beginning. But the eruption being over, (which is completed on the *sixth* day, from the beginning of the illness, and on the *fourth*, inclusive, from the first appearance of the pustules) the patient is not to be kept from bed the rest of the distemper throughout, which indeed, as it ought not to be allowed before this day, so the condition of the patient will hardly admit of its being longer delayed, if the *small pox* be of the confluent kind. And let it be remembered, that this is the only sort of which I have hitherto treated; for if the eruptions be few, and distinct, it matters not which method be used, if the physician hath a tolerable share of skill; for want of which (though this kind is naturally void of danger) abundance have died, who unfortunately fell into the hands of such as placed all their hopes in promoting the heat, and

When and
how long the
patient is to
be confined
in bed.

Restlessness
to be re-
lieved by
opiates.

and so ignorantly conspired with the disease to destroy the patient.

32. From this time the eruptions begin to fill, and inflame the whole body, especially the head, so that the patient, if not a child, grows restless, and cannot readily sleep, which is next to be carefully attended to in this disease; for the calmer the motion of the blood is, the better the eruptions fill, and come to their due size; and, on the contrary, the more violent it is, the more the eruptions sink, their farther progress being checked; so that the expulsion of the peccant matter is not only obstructed, but the order and genuine crisis of every particular *phlegmon* is also disturbed, whence the eruptions either do not come to suppuration in due time, or instead of *pus* an *ichor* is at length generated, and instead of the yellow matter, resembling the colour of an honey comb, some black or other preternatural humour, unlike the genuine eruptions of the *small pox*, is discharged. It seems to me, therefore, that *opiates* are as much indicated in the confluent *small pox*, as any particular remedy is in any other disease; being a kind of specifics here, as the *bark* is in *intermittents*; though I am well aware that they do not operate by an absolute specific virtue, but only by answering that indication, which consists in quieting the tumultuary motion of the blood and spirits, that always accompanies the confluent *small pox* in grown persons, and chiefly demands their use. Whoever, therefore, esteems these symptoms to proceed only from the watchings, is not enough acquainted with the nature of this disease: for though it may sometimes happen in this case, that the patient's spirits may be

be composed and calm, (which frequently happens upon taking *laudanum*) so likewise sometimes the spirits being in violent motion, check the kindly eruption of the pustules, though the patient sleeps much: which is well worth observation.

33. To treat now of the kinds of opiates: *Diacodium* though I have given *liquid laudanum*, several years successfully in this case, nevertheless I think *syrup of poppies* is preferable to it; for though both are used for the same purpose, yet in my opinion *laudanum* is a little more heating than *diacodium*. As to the dose of this syrup, it is to be proportioned to the age of the patient, and the urgency of the symptoms; for what perhaps might be too much for one whose spirits are composed, would be too little for another, whose spirits are greatly hurried. For instance, suppose in general that six drams is a sufficient dose for most persons, yet in the *small pox*, whenever it is wanted, we must give very near an ounce of it to answer any purpose; and no less quantity must be prescribed for a dose throughout the course of the disease. We speak of grown persons now; for in giving it to children, the dose must be lessened in proportion to their age. Children, however, have not the same occasion for opiates in this disease as grown persons, because they are more inclined to sleep as long as it lasts; yet when they are much endangered thereby, I should be afraid to refrain from opiates. But I was going to observe, that it is difficult to settle the dose of opiates in all the cases in which they are required; for whether it be (1.) in a tumultuary motion of the spirits; (2.) a violent vomiting and

and purging; or (3.) severe pain, (these being the three disorders wherein opiates are chiefly indicated, as we have elsewhere observed) they are to be exhibited in such a manner, that if the first dose answers not the end, it must be repeated at proper intervals, till it does; not so much minding the quantity taken, as the effect it should produce; which being answered, (and not till then) it must be administered less frequently and copiously. But such a space must be interposed between every dose, that we may be able to learn whether the last has taken effect, before giving another; which being obtained, the dose is to be diminished in the course of the disease as there shall be occasion.

A case, exemplifying the author's method.

34. I have several observations by me to confirm what I have hitherto laid down, but at present will only set down one. On the 13th of April, 1681, Mrs. Cross, a neighbour of mine, came to me in tears, and earnestly begged of me to go and see her son, a youth of ten years of age, who, having been ill four days, she apprehended had the *small pox*. As I was confined with a fit of the gout, I desired my apothecary to call upon him, and let me know how he was; when he came back, he told me, that the mother had, by the advice of some women, given him the Countess of Kent's powder, and other hot medicines; and had besides, in a manner, buried him under the cloaths, in order to raise a sweat by the weight thereof; which the women have recourse to in this disease, as the last refuge. She had also given him a large quantity of posset drink, wherein *marigold flowers* and *hartshorn* had been boiled, which increased the fever, and caused such a disturbance of the spirits,

spirits, that the child was very delirious, and could scarce be kept in bed by the attendants. The pustules did not yet appear, at least very visibly, but lay very thick in the skin, the eruption being manifestly hindered by this violent method, which was intended to promote it. I ordered him to be immediately taken out of bed, and not to go into it again, except a-nights only, till after the *sixth* day; I also prescribed half an ounce of *diacodium* to be taken directly, which proving ineffectual, I ordered the same dose to be repeated an hour after, but unsuccessfully; for the blood was so violently agitated, that it could not be quieted before he had taken two ounces and an half; but such a space was interposed between every dose, that I might be certain what effect the last had. Afterwards, I prescribed only half an ounce to be given every night at bed-time, to the end of the disease, which proved sufficient to preserve the calm, that had already been obtained by a more frequent use thereof: and by this means the patient recovered.

35. And here I must inform you, that in *Refluxes* case the heat and motion of the blood and spirits be extremely violent in the beginning, an ^{sometimes} ^{is not to be} opiate, though given in the largest dose, and ^{removed by} ^{an opiate} frequently repeated, will scarce avail, unless the patient quits his bed; for the warmth thereof increases the heat of the disease, so as, upon this account, to make it necessary to give the opiate in a larger dose than perhaps nature is able to bear; which likewise happens, but with less danger of life, when the *bark* is given in an *intermittent* fever, whilst the patient keeps his bed. And this perhaps may be the reason.

why the cure of the intermittent is sometimes protracted, which otherwise might have been sooner performed; and sometimes, likewise, if the fever only remits, it is so increased thereby, as greatly to endanger life.

When to be given first, and how long to be continued.

36. But not to mention extraordinary cases, wherein this remedy may be indicated at any time of the disease; *I would have it first exhibited in the evening*,* when the patient is wholly confined to his bed, (*viz.* the *sixth* from the beginning of the illness) and repeated afterwards every evening till the *seventeenth* day, or at least till the danger is over. For on the *sixth* day the fleshy parts are inflamed, whence the head begins to be disturbed by the humours, which are also inflamed from this cause.

To be given earlier in this than in other diseases.

37. But great care must be had to give the opiate earlier in this than in other diseases; because a kind of fit of heat and restlessness always comes on towards evening; and sometimes it happens, unless it be given early, at the decline of the disease, that the patient becoming suddenly somewhat heavier, immediately grows hot, and afterwards complains of sickness, which soon terminates in death; to the astonishment, and contrary to the expectation of his friends, who a little before conceived great hopes of his recovery: and his death might, perhaps, have

* *I would have it first exhibited in the evening, &c.* As a ptyalism attends the confluent small pox, and so essentially necessary to the recovery of the patient is its continuance, through the whole course of the disease, if the spitting abates considerably, or the saliva grows so ropy and tough as to endanger suffocation, an opiate ought not to be given; for it will tend to increase the one, and retard the other of these circumstances, and by these means augment the danger. *W.*

been

been prevented by giving an opiate directly. On these days, therefore, but especially on the *eleventh* day, I order the opiate to be given earlier; as at *five* or *six* o'clock in the afternoon, and a second dose to be kept in readiness, in case sickness should come on suddenly. For I am thoroughly persuaded that some of my acquaintance have died for want of taking this medicine, when the case required it: so that if opportunity be quick in any case, it is chiefly so in this.

38. Since, therefore, it is so dangerous, either ^{And at a} to omit giving an opiate soon enough, or ^{set hour} contrariwise to give it so early that its quieting vir- ^{morning} ^{and night.} tue be spent before the time comes for repeating it; it is safest in this uncertainty to order an opiate to be taken at a set hour, every morning and night, on the last and most dangerous days of the distemper. Nor is an ounce of *diacodium* always a sufficient dose at these times, for this quantity avails no more in a violent inflammation of the blood, and a very tumultuary motion of the animal spirits, than half an ounce in a milder disease. For I have learnt, from repeated experience, that an ounce and half is required in the young and sanguine, to mitigate the violence of the symptoms wherewith they are seized, and which we do our best to prevent; and in such subjects, this dose may be repeated with safety and great advantage at such times, morning and night, till the patient recovers.

39. Moreover, I own that I have sometimes ^{And some-} found it necessary, at the decline of a highly ^{times thrice} ^{in twenty-} confluent *small pox*, to exhibit an opiate thrice ^{four hours.} in the space of twenty-four hours, *viz.* every eighth hour, on account of the violent motion,

or disturbance of the spirits, occasioning some sickness, which required it to be repeated more frequently. But it is to be observed, that if the exhibiting *diacodium* with such frequency be nauseous to the patient, (which often happens on the above-mentioned days) *liquid laudanum* must be prescribed instead of it; sixteen drops of which are equivalent to an ounce of *diacodium*, in case it be prepared according to our method already delivered.

An objection to so frequent a repetition of it, answered.

40. I am well aware that it will be objected by those of a different opinion, that the peccant matter will be fixed, and the salivation diminished by repeating the opiate with such frequency in so large a dose. But to this I answer, that though indeed the spitting will be in some measure abated, it will not however cease so entirely, as not to rise again in some degree, after the opiate has been taken a considerable time, and its virtue is nearly spent, and, besides, will be attended with this double advantage: (1.) The patient being strengthened by the opiate, will be better able to expectorate the phlegm, and the *saliva*, though less copious, be better concocted. (2.) The want of sputation is abundantly supplied by the swelling of the hands and face, which happens more certainly, and rises higher from the repeated use of the opiate, on those days wherein these parts usually swell, *viz.* the face, from the *eighth* to the *eleventh* day, when it commonly begins to fall, but the hands, from the *eleventh* day, till the pustules upon these parts be entirely ripe. And I positively assert, (which no person who is thoroughly acquainted with this disease can deny) that the want of either of these swellings when they

they ought to appear, threatens more danger than the stoppage of the salivation. For my own part, I esteem it much safer to risk the danger of checking the spitting, *than to refrain from opiates, which** are so very requisite in this disease, that whoever deprives his patient of so great a help, betrays much neglect and unskilfulness.

41. But what I have hitherto delivered, is Not to be given so often in young children, unless in cases of great danger.

* *Than to refrain from opiates, which, &c.* Now, concerning those medicines which ease pain, and procure sleep in this severe disease, Dr. *Mead* tells us, that they are not to be used over hastily; for all *anodynes* in some measure obstruct the separation of the morbid humour from the blood, unless the pain happens to be excessive: and, moreover, if the violence of the fever has raised a *delirium*, they generally make it worse: wherefore it is not proper to employ them, until the eruption of the pustules be completed; but after that, narcotics may be administered with safety. Thus it will be right to give the patient a dose of the *tinctoria opii*, or *syrupus papaveris albi*, every evening, especially if it be a youth, or an adult person; for these medicines agree not so well with infants. And sometimes, in cases of very great inquietude, the dose is to be repeated in the morning; for the suppuration of the matter stagnating in the pustules is forwarded by quiet and sleep. But if, towards the end of the disease, the patient happens to be seized with a shortness of breath, or danger of choking from viscid slime, these medicines are to be entirely prohibited. In the mean time, if the patient is costive, which is generally the case, and the fever continues, the body is to be opened with a clyster every second or third day.—*Stack's Translation of his Discourse on the Small Pox.*

It should not be concealed, that Dr. *Simson* differs from Dr. *Mead* in this particular; for he never gives an opiate, but when the suppuration is accompanied with great pain and restlessness; and procures to his patients the ordinary course of their belly, through the whole time of the suppuration: a practice which he assures us has been attended with most agreeable success.—*See the Medical Essays in 8vo. vol. v, part 2,*

not to be understood as if I would advise the daily use of *diacodium*, though in a suitable dose, in young children afflicted with the confluent *small pox*, unless it threatens great danger; and this for two reasons: (1.) because children are not so hot as persons in the prime of life; and (2.) because their tender age is less able to bear the continued use of opiates; whereto may be added, (3.) that children in this disease sleep most part of the time spontaneously, and so are less sensible of the tediousness thereof; yet, nevertheless, when the eruptions are of a bad kind, or they become delirious, opiates are always indicated: these being certain signs of the irregular motion of the blood and animal spirits.

The chief
curative in-
dications
specified.

42. These two particulars of which we have treated so fully, *viz.* (1.) the method of preventing the over-hasty assimilation of the various matter at the beginning of the disease, and (2.) the manner of checking the inordinate motion of the spirits, arising from the inflammation of the external parts, are the two points wherein the cure of the disease consists; inasmuch as the ill accidents which succeed, for want of sufficiently preventing these two dangers, occasion those fatal symptoms which destroy the patient in this disease. These, therefore, being the chief curative indications, when I have sufficiently answered them according to the method just delivered, I have discharged my duty as a physician, and not a prescriber of medicinal *formulæ*; which two arts, talents, or provinces, as you please to term them, differ greatly from each other.

43. To

43. To mention one thing more, if there be a blister, ^{when to be} occasion for a blister, ^{applied, if} it should be made very ^{necessary.} large,

* *If there be occasion for a blister, &c.* Among the diseases which require the acrid stimulus of a blister are those wherein the pulse is weak and depressed, and where the powers of sense in general are dull and languid, such as they are toward the close of many species of fever; and they may be applied not only with a view to stimulate the living solids, but evacuate offensive matter, where eruptions strike in and produce coldness and oppression. To this idea of the propriety of their use in the present circumstances so consonant are the opinions of Dr. Hillary and Dr. Wintringham, that an inattention to their directions would be considered by our readers as a very faulty omission; for which reason we shall here separately insert them. *W.*

Dr. Hillary says, From as much as we know of the nature of this disease, and the effects of blisters, if ratiocination is at all allowed in medicine, we must necessarily conclude, that they are generally, if not always, improper in the *first*, are seldom useful in the *second*, and oftener are applied, than advantage reaped from them, in the *third* stage of the disease, except as repellents.

The only cases in the present situation, in which they can be rationally prescribed, are, in my opinion, the following, *viz.* where the patient is of a lax, weak habit, the pulse low, weak, and depressed, and the fever insufficient for the expulsion and suppuration of the pustules, through mere weakness of the solids, and viscosity of the fluids, or where the remote parts of the body are cold, and the eruption is thereupon stopped, or the pustules receded in the *second stage*. Or when the swelling of the face, hands, or feet, in the *third stage*, rise not at the proper time, or too suddenly subside, and nature sinks under the load; or where the *ptyalism* suddenly stops before its usual period, or a *coma*, or a *comatous delirium* from a viscosity of the fluids appears, or an afflux of these to the brain; or if the fever is too low. In these circumstances, I say, blistering freely must be of service, and for the very same reasons that must always render them injurious in every stage of the genuine inflammatory *small pox*, except, as we took notice before, they are used as repellents; it being evident from the stranguaries, feverish heats, restlessness, and continual thirst, almost always attending the operation of *vesicatores*, that

large, and sufficiently sharp, and applied to the neck, but neither too early, that it may not cease running before the *eleventh* day, which is attended with most danger, nor deferred to that day, so as to prove prejudicial, at this time, from being laid on too late, by increasing the heat of the blood, which is then scarce able to struggle with the secondary fever. The fittest

the active and corrosive salts of the *cantharides*, when mixed with the blood in the course of circulation, certainly increase its velocity, and render the inflammation more violent.—See his *Practical Essay on the Small Pox*.

The best time of applying *blisters*, as both reason and experience shew, says Dr. *Wintringham*, is when either the feet or hands ought to swell, provided the nature of the disease will admit of their being deferred to that time; and especially if these swellings do not appear in that stage of it appointed by nature for their appearance. For at this period the spitting generally abates, and the humours become very turgid, and nature endeavours to drive them to the extremities, and by the swelling of these parts to relieve the patient; for which reason this stage of the distemper requires either that they should be speedily carried thither, or that the belly be opened, and some part of them carried off this way; but which of the two is then most eligible, must be determined by the strength of the patient, and the urgent symptoms (whether, for instance, the fever rises too high, or sinks too low) and not by general rules.

Is not bleeding, therefore, opening the body, blistering, and the like, hurtful or beneficial to the patient, according to the different degree of the inflammation, the different time of the disease, the constitution of the patient, and the like circumstances? And may not more certain indications for the timely use of all these remedies, both in this and the other stages of the distemper, be taken from the strength or the weakness of the fever, and the foulness of the redundant humours which oppress the sick? always observing this particular, that if the fever rages greatly, and the strength keeps up, it is necessary to refrain from *stimulants*, and *painful evacuants*; but that if the contrary symptoms urge, *blisters* must be applied, and gentle laxatives administered. *Comment. Nosoph.*

time,

time, therefore, to apply a blister, is the evening preceding the great *crisis* of the disease, presently after the opiate which is to be taken at this time. For if it be applied now, the pain it causes will go off before the critical day, and there will then be a discharge of the peccant matter, which is necessary to conquer the violent symptoms happening on this day. For now the swelling of the face first begins to sink, and the salivation, which had hitherto been copious, to abate; the humour, which occasioned it, being thickened, and difficultly raised. Not to mention that the blister supplies, in some measure, the sinking of the swelling of the face, and the abatement of the salivation, and likewise contributes somewhat to check the secondary fever, which is then very high, the blood being in a manner oppressed, and totally infected with the abundance of *pus* absorbed from such a multitude of little impostumes, so that in most of the patients I have treated in this disease, I have observed, that the pulse in the wrist could scarce be felt at this time, though it was easily felt the preceding and following day.

44. But amongst all the remedies that occasion a derivation, or a revulsion from the head, ^{Efficacy of garlick applied to the soles of the feet.} none, in my opinion, seems to operate so efficaciously as *garlick* applied to the soles of the feet. That it does really draw, is manifest by the blisters it frequently raises, and the intolerable pain it sometimes, though rarely, occasions, by inviting the humours to those parts, even without raising blisters; so that to ease it, I have found it needful to order a cataplasm, made of the crumb of white bread, boiled in milk,

milk, to be applied thereto. In grown persons, therefore, afflicted with the *confluent small pox*, I usually apply *garlick* sliced, and included in a linen rag, to the soles of the feet, from the *eighth* day, when the swelling of the face first begins to sink, and renew the application every day, till the danger be past.

The regi-
men.

45. I must farther observe, that the patient must be kept from flesh throughout the course of the disease, and only allowed small beer for his common drink. In the mean time, it will be convenient for him to live on water gruel, roast apples, and the like. But upon the approach of the suppuration, when the purulent particles return into the blood, and taint the mass, it will be proper to give a few spoonfuls of *wine*, every morning and night. As to the coverings of the bed, they are to be precisely the same he made use of in health; and he is to be permitted to turn himself in bed as he pleases, whereby the symptomatic sweats may be prevented, which, I conceive, have been sufficiently shewn to injure the patient; and, by this means, the violent inflammation of the pustules, arising from the excessive heat contracted by the fleshy parts, by lying always in the same place, will also be prevented. But I have treated of this at large in another place.

A case ex-
emplifying
the whole
procedure.

46. I will subjoin a late case, as a specimen of this whole procedure. I was sent for this winter by Lady *Dacres*, to attend her nephew, Mr. *Thomas Chute*, a person of a very sanguine constitution, and in the prime of life. The day before I came he was seized with a high fever, vomited a considerable quantity of *bilious* matter, and had a violent pain in his back.

In

In order to mitigate these symptoms, he went to bed, and by heaping on cloaths, and taking hot liquors, spent a day to no purpose in endeavouring to force sweat, the great tendency to vomiting, and the purging, though moderate, rendering the sudorifics ineffectual, and in the mean time increasing the fever. I suspected the *small pox* would shortly appear, and likewise prove very confluent; both on account of his youth, and the great inflammation raised in his blood by the fruitless attempt to procure sweat (which if the disease had happened in the summer, would certainly have occasioned *bloody urine*, and *purple spots*) but chiefly, because I have always observed that in young persons attacked with excessive vomiting, sickness, and extraordinary pain, the succeeding *small pox* proved highly confluent. For this reason, judging it requisite to use all endeavours to prevent the too-hasty assimilation of the variolous matter, I kept him up, till his usual time of going to bed; and the next day in the morning, which was the *third*, the *small pox* not appearing, I directed eight ounces of blood to be taken away from the right arm. The blood was good and florid, having as yet only received the spirituous venom, and not that putrefaction occasioned by a longer continuance of the disease, and generally observable in the blood of persons lately recovered of this disease. The same day, at five in the afternoon, I exhibited an ounce of the infusion of *crocus metalorum*, which operated well, carrying off his sickness, so that he seemed much better, and willingly refrained from bed, which he did not care to quit before, by reason of his great sickness

ness and giddiness. On the fourth day in the morning, I found the eruptions coming out so copioufly, notwithstanding the endeavours I had used to prevent it, that they threatened the utmost danger; I was, therefore, very cautious to keep him up in the day time, and advised the drinking of small beer acidulated with *spirit of vitriol*. He continued the use of these things to the sixth day, when, though he was not sick, but much refreshed by the fresh air, yet his body was loose between whiles; towards night he was obliged to go to bed, which is common in this case; and therefore he continued therein, by my consent, during the whole course of the disease, the eruption being now over. Though the pustules were fewer than I have observed in some that have died in this disease, yet they were more numerous, than they generally are in most that recover. I first exhibited this evening, an ounce of *diacodium* in *cowslip-flower water*, and directed it to be repeated every night; I likewise advised that he should have no more cloaths lain on him than he was accustomed to in health; and prescribed for his diet, water gruel, barley broth, and sometimes a roast apple, and for his drink, small beer. On the eighth day I ordered sliced garlick, folded in a linen rag, to be applied to the soles of his feet, and renewed every day till the danger was past. After this the pustules ripened kindly till the tenth day, when visiting him in the morning, though I found him in a fair way, yet I perceived some signs of the secondary fever, along with some kind of restlessness. Apprehending, therefore, the approaching danger, I immediately exhibited the opiate above

above mentioned, which quieted all the symptoms, and the same evening I prescribed an ounce and half of *diacodium*. The next morning, which was the eleventh day, (the virtue of the opiate he had taken the night before being spent) he began to grow restless again; whereupon I gave him the same quantity immediately, and repeated it in the evening, and ordered it to be continued morning and night, till he was perfectly recovered. The patient complied, and no dangerous symptom after appeared, except a suppression of urine sometimes, which frequently attacks young persons in this disease, but he made water kneeling in bed. As to the spitting, though it was checked in some measure by the frequent repetition of opiates in so large a dose, yet at distant intervals from the use of them, he expectorated concocted phlegm, and his face and hands swelled sufficiently at the proper time. On the eighteenth day he arose from bed, and I then first allowed him to sup some chicken broth, and afterwards he returned by degrees to his usual manner of living. On the twenty-first day eight ounces of blood were taken away from his arm, which resembled pleuritic blood, and differed little from *pus*. Lastly, he was purged four times, at proper intervals.

47. It is here to be noted, that as often as the day from the beginning of the illness is mentioned in these sheets, for instance, the *sixth*, the *eleventh*, &c. I would not be understood to mean that the *confluent small pox* always came out on the third day; because I am well aware that sometimes, even in the worst sort, the pustules do not appear till after the *third* day.

The day
from the be-
ginning of
the illness,
how to be
understood.

But

But in general the eruption happens on the *third* day, inclusive from the beginning of the disease. Thus, for instance, a person who is seized with the *confluent small pox* on *Monday*, will find the pustules appear on the *Wednesday* following; and the second *Thursday* after the first *Monday*, will be the *eleventh* day, which is highly dangerous, unless the physician uses his endeavour to prevent it.

These observations relate only to the *confluent small pox*.

48. And I repeat it here once more, that these observations relate only to the *confluent small pox*, and are no way useful, or required in the *distinct kind*. Those therefore, who boast of curing this disease when the eruptions are few, and of the *distinct kind*, impose upon themselves as well as others. But if they have a mind to make a trial of their abilities, let it be in the *confluent small pox*, especially in such subjects as are seized with it in the vigour of life, or have over-heated themselves by drinking wine too freely; lest being exercised only in flight matters, they should be so far mistaken as to imagine they have saved those, whom their attendants did not destroy.

The history of a patient of Dr. Goodall's in a fever.

49. I will not finish this short dissertation without relating a history which was communicated to me whilst I was writing it, by my intimate friend, Dr. Charles Goodall, a fellow, and then censor of the college of physicians; judging it necessary, in order to confirm what I have advanced here and in my other writings, concerning *purple spots* and *bloody urine*; for both these symptoms, when they happen in acute diseases, proceed entirely from a violent inflammation of the blood, and therefore indicate cooling remedies. The case is as follows:

“ 50. A

“ 50. A young man of about twenty-seven years of age, slender, and of a hot constitution, was seized in June 1681, with a violent continued fever, attended with a dryness and foulness of the tongue, extreme thirst, a quick pulse, pain in the parts contiguous to the *scrobiculus cordis*, but especially in the back, where it was continual, and sometimes *bloody urine*, and numerous brownish spots in the neck, breast, and wrists. The physician was called on the sixth day, and found the patient in great danger from the copious discharge of *bloody urine*; and upon this account judged that the curative indications were, (1.) to cool and thicken the blood, and (2.) close the mouth of the relaxed vessels of the kidneys.

“ 51. Bleeding, therefore, and a lenitive bolus being premised, he earnestly advised the patient to refrain from bed as much as he could, not doubting that the voiding *bloody urine* was promoted by the continual warmth thereof. He also recommended him rather to sleep upon a leathern couch, and seldom to lie on his back; to drink milk boiled with thrice its quantity of water, and live on panada, rice milk, and roast apples, either alone, or squeezed into water, and sweetened with sugar. And he prescribed the following remedies :

Take of the leaves of red roses, six drams; the ^{An astrin-} inner bark of oak, half an ounce; the ^{gent infu-} seeds of plantain, bruised, three drams; spring ^{tion.} water, two pints; spirits of vitriol, enough to give it a grateful tartness; infuse them together

gether in a closed vessel with a gentle heat, four or six hours: to the strained liquor add three ounces of small cinnamon water; and fine sugar enough to sweeten it. Let the patient drink often of this infusion day and night.

“ A glyster of milk and syrup of violets was
“ injected at two in the afternoon, and the fol-
“ lowing draught exhibited at bed time.

An anodyne draught. Take of the distilled waters of cowslip flowers, plantain and cinnamon, of each half an ounce; distilled vinegar, two drams; syrup of white poppies, six drams; mix them together.

“ 52. On the seventh day the symptoms
“ abating little, the glyster just described was
“ ordered to be injected every day, and the
“ following emulsion and draught prescribed:

A cooling emulsion. Take of the seeds of succory, endive, lettuce, and purslain, each two drams, the seeds of quinces and white poppies, each a dram and half; four sweet almonds, blanched; beat them very well in a marble mortar; then pour on by degrees a pint and half of barley water, and sweeten the strained liquor with a sufficient quantity of fine sugar. Let twelve spoonfuls of this emulsion be taken every four hours.

An anodyne draught. Take of the distilled waters of cowslip flowers, water lilies, oak buds and plantain, each half an ounce; distilled vinegar, and small cinnamon water, each three drams; confection of hyacinth, half a dram; diacodium, an ounce: mix them together for a draught to be taken at bed-time.

“ 53. On

“ 53. On the eighth day, as the fever still
“ continued, and the patient voided much
“ bloody urine, and the spots likewise were nu-
“ merous in the above-mentioned parts, the
“ physician supposing these symptoms to pro-
“ ceed from the heat, thinness, and acrimony
“ of the blood, ordered bleeding to be re-
“ peated, and allowed a freer use of small beer
“ agreeably acidulated with spirit of vitriol.
“ But when the patient began to have an aver-
“ sion to this liquor, a whey made of milk and
“ juice of lemons was substituted in its stead,
“ and he was likewise permitted to eat lemons
“ thinly sliced, and enveloped with sugar, and
“ to these the following remedies were added :

*Take of the conserves of wood-sorrel and hips, An astrin-
each half an ounce; confection of hyacinth, gent elec-
three drams; diascordium, a dram and half;
red coral prepared, dragon's blood, Armenian
bole, of each a scruple; syrup of confrey
and mouse-ear, of each enough to make the
whole into an electuary; of which the quan-
tity of a hazel nut is to be taken every six
hours, drinking after it a small draught of
whey, made with milk and juice of lemons,
sweetened with sugar; or of the vulnerary de-
coction, acidulated with spirit of vitriol.*

“ Let the draught prescribed last night be re-
“ peated with ten drams of diacodium.

“ 54. On the ninth day the *petechiae* vanished by
“ degrees, the urine was not so bloody, and the
“ blood that was mixed with it separated more
“ easily, and subsided sooner to the bottom of
“ the containing vessel; for which reason the
“ patient was advised to continue the use of

“ these remedies ; and in a few days the following were added to the same purpose :

A restrin-
gent elec-
tuary.

Take of the conserve of red roses (driven through a sieve, and acidulated with spirit of vitriol) four ounces ; Lucatellus's balsam, two ounces ; Armenian bole, dragon's blood, and the species of the electuary of coral, each a dram ; syrup of coral, enough to make them into an electuary ; of which let the patient take the quantity of a nutmeg twice a day, with a draught of the following emulsion :

An incrass-
ating emul-
sion.

Take of the seeds of lettuce and purslain, each three drams ; quince seed, a dram and half ; the seeds of white poppies, half an ounce ; five sweet almonds blanched ; beat them well together in a marble mortar, then pour on by degrees a quart of plantain water, and three ounces of small cinnamon water ; lastly, sweeten the strained liquor with fine sugar.

“ The fever and the fatal symptoms above mentioned, were carried off in three weeks by these remedies ; the spots disappearing, and the urine returning to its natural colour and consistence, the patient by degrees recovered his health.”

Bloody urine
and purple
spots require
the same
treatment in
fevers, and
the small
pox.

55. But though the symptoms above enumerated only accompanied the continued fever, and not the *small pox*, yet, whenever they happen in either disease, they always proceed from a violent inflammation and an excessive attenuation of the blood, whence it is forcibly driven through the mouths of the vessels. And doubtless the same method is to be used in such a similitude of causes, as far as the nature of the respective

specie diseases will admit. And for this reason I asked Dr. *Goodall's* leave to communicate this cure here. Now, if my greatest enemy, (though to judge of the dispositions of others by my own, I should hope I have none) had performed this cure, I should readily have <sup>Dr. Goodall
commended.</sup> knowned, (being overcome by truth) that it was one of the most remarkable I had ever known; for I have long ago experienced the fatal effects of *bloody urine* in fevers. But as this was effected by my intimate friend, how zealously ought I to contend for truth, and his reputation! For this gentleman it was, who, at a time when few durst assert that I had made the least discovery or improvement in physic, defended my reputation against those who injured my character, with as much warmth as a son would do that of a father. But though I am so much indebted to his goodness, I would nevertheless have concealed his praises, if they were not due to his merit; it being equally blame-worthy and false to commend or censure without cause. Let no one therefore be displeased with me for affirming, that he is a man of as much probity as I have ever known; for during the many years that I have been particularly intimate with him, I never knew him say, much less do, any thing to the prejudice of another. And how excellent a physician he is will shortly appear, (if his life be prolonged) as he hath with great judgement read the writings both of the ancient and modern physicians, and with singular prudence and industry investigated the nicest rules of practice, without a knowledge of which no man can practise the

art with reputation ; so that his patients will find him an able and successful practitioner.

The author's sentiments on the small pox derived from observation.

56. And now I have delivered my sentiments on this disease, which are deduced from practical observation, and not from a groundless hypothesis ; and in reality I cannot conceive how a person should be mistaken, who directs and confines all his reasonings to the bare practice of the art or science which he intends to learn and exercise with reputation. And on the contrary, how it is possible that he should do any thing but spend his life idly in deceiving both himself and others, who employs his time in searching after such things as have not the least relation to practice. And as he would be no honest and successful pilot, who were to apply himself with less industry to discover and avoid rocks and sands, than to search into the causes of the ebbing and flowing of the sea ; which, though well deserving the attention of a philosopher, is quite foreign to him, whose only business it is to secure the ships ; so neither will a physician, whose province it is only to cure diseases, arrive at a perfect knowledge of the art of medicine, though he be a person of genius, who bestows less time and application in investigating the hidden and intricate method of nature in producing and nourishing diseases, (whereon their histories also depend) and adapting suitable remedies thereto, than in curious and subtle speculations, that do not at all contribute to snatch the patient from imminent death, which is the intent of the healing art. And this delusory procedure does not only deprive mankind of those singular advantages, which would accrue to them from the ingenuity of

of many physicians, but renders the art of physic rather the art of discoursing than of curing. And it is come at length to this issue, that the patient must live or die, as the philosopher conjectures, right or wrong; which must always be highly precarious, inasmuch as the first inventors of speculations contended as warmly about their fanciful opinions, as those did who blindly followed them, and it may be, none of them in the right. For, though by much attention we may be able to discover what nature does in fact, and the organs she employs in her operations, *yet the manner of its operating will always be a secret to us.** Nor is this strange; since it is infinitely more probable, that we poor mortals,

who

* *Yet the manner will always be a secret to us, &c.* That the precise manner of nature conducting her secret operations will always be hid from man's limited understanding, is a truism which will scarce be doubted; and hence the search after them must be considered as vain and futile. The physician has only to find out the remote and immediate causes of diseases, that he may be enabled to prevent or cure them; for if he can discover the first, he will be empowered so to direct his patient oftentimes, that the latter may be avoided, which are the consequences of the former. But if the immediate causes are put in action, then disease commences, which is manifested from the effect produced; and these he is to obviate by every means supplied by the art he professes: on these principles are constituted the *modus præveniendi & sanandi.* The method of ascertaining success in the latter will chiefly depend upon adverting to the constitution, more than to the *semina morbi*, particularly in all those acute diseases which arise from extraneous miasma received into the habit, or which are by different means generated in the system. For we know, for instance, that the matter of the small pox absorbed into constitutions predisposed to feel its effects, will create that variolous affection peculiar to its nature; now if we can hinder the accession of these morbid particles, we prevent the disease;

who are shut out from the glorious regions of light and life, cannot possibly comprehend the method which the all-wise Creator used in forming the machine ; than that an unskilful smith should be ignorant of the manner of making a clock, the structure and motion whereof manifest the great delicacy of the art. And though it evidently appears that the brain is the origin of sense and motion, and the repository likewise of thought and memory, it is, nevertheless, impossible the mind should be so far enlightened by the most exact inspection and consideration thereof, as to understand how so thick a sub-

but when they have taken place in the system, we are then to endeavour to guard the constitution against the ill effects produced, and obviate the mischiefs which arise, so that the least possible disturbance shall be raised therein, till the offending materials having with ease performed their process, shall be eliminated, and the constitution left at liberty to return to its healthful state. We know of no means by which we can meliorate or destroy the peccant matter, we cannot operate upon that, the constitution therefore alone is the object of our attention ; which we endeavour so to fortify against the offending cause, that the severity of its action may be avoided, by keeping the body in such a proper state, and freeing it from those things which may afford a fomes to disease, that great commotions cannot be raised therein. Hence arises the necessity of employing different methods, and adapting them to constitutional circumstances ; hence the impossibility of laying down certain general rules for treating the same disease in all cases ; hence the utility of nice discrimination and sound judgement in medical practice, to the want of which may we attribute the loss of health in many, and the various murders committed by quacks and nostrum mongers ; to which may be added some other classes of PSEUDO-MEDICI, who, because they are conversant with some parts preparatory to, or slightly connected with the healing art, assume to themselves the right of seizing all ; who also prescribing without knowledge, slay without mercy. *W.*

stance,

stance, and a kind of *pulp*, which seems not to be very artfully formed, would suffice for so noble an use, and such excellent faculties. Nor can it be accounted for, from the nature and structure of its parts, how any particular faculty comes to be exerted thereby.

57. And let these particulars suffice for the *confluent small pox*; which, together with what I have already published concerning this distemper, in my history of acute diseases, comprehends all that I have hitherto discovered and considered, as attentively as I could, relating thereto.

58. I proceed now, in compliance with your ^{The au-} request, to communicate the observations I have ^{thor's ob-} hitherto made concerning *hysterick disorders*; ^{on hysterick} which I own are neither so easily discoverable, ^{disorders} deduced nor so readily curable as other diseases. How- ^{from his} ever, I will endeavour to acquit myself herein ^{own expe-} to the best of my ability, and with that brevity which the compass of a letter requires; which in reality I am obliged to on account of my ill health, particularly at this season of the year, when too intense application would immediately bring on a fit of the gout. For this reason I shall avoid prolixity, and proceed accordingly to my usual method; which consists (1.) in giving a short history of the disease, according to its genuine natural phenomena; and (2.) subjoining the method of cure which has succeeded best with me, and which I formerly learnt rather from my own experience than from reading.

59. It should seem that no chronic disease occurs so frequently as this; and that, as fevers ^{orders, take} with their attendants constitute two thirds of the ^{a moiety of} *hysterick disorders*, ^{chronic diseases.}

diseases to which mankind are liable, upon comparing them with the whole tribe of chronic distempers, so hysterick disorders, or at least such as are so called, make up half the remaining third part, that is, they constitute one moiety of chronic distempers. *For few women,* (which sex makes one half of the grown persons) excepting such as work and fare hardly, are quite free from every species of this disorder, *and several men also,** who lead a sedentary

* *For few women, and several men, &c.* Our author concludes that there is a very great affinity between the hysteria in women, and hypochondriasis in men; and indeed some consider them as the same complaint; but HOFFMAN and others agree that there is a perceptible difference. Dr. CULLEN confesses there is very great difficulty in accurately distinguishing the DYSPEPSIA, HYPOCHONDRIASIS, and HYSTERIA, from each other; yet is of opinion that they are separate diseases; and as such has arranged them as different genera, though not all under the same order. The two first he places under the class NEUROSES, and under the order ADYNAZIAE; where a diminution of involuntary motion, whether vital or natural, forms the characteristic. The last in the same class, under the order SPASMI, which are distinguishable by violent motions of the muscles, or muscular fibres. All which we shall define, in order to shew where they differ, according to his idea.

In the DYSPEPSIA, the concomitant and distinguishing symptoms are, a loss of appetite, nausea, vomiting, inflammation, belching, rumination, cardialgy, pain in the stomach; a greater or a less number of these concurring at the same time, usually attended with costiveness, and without any other disease either of the stomach itself, or any other parts. This he considers as idiopathic; and as symptomatic in this last instance, arising from a disease of the stomach itself, or from a disease of other parts, or of the whole machine.

In the HYPOCHONDRIASIS; a dyspepsia, or indigestion, attended with languor, mental uneasiness, and timidity, from causes inadequate, in a melancholy constitution; of which he allows only one idiopathic species, and five symptomatic.

rary life, and study hard, are afflicted with the same. And though the symptoms arising from hysterical diseases were by the ancients supposed to proceed from some disorder of the *womb*; yet upon comparing hypochondriac complaints, which we judge to arise from obstructions of the spleen and other *viscera*, with those symptoms which seize hysterical women, we find a great similitude between them. But it must be owned, that women are oftener attacked with these disorders than men; not indeed because the *womb*

In the **HYSERIA**; a rumbling of wind in the belly; a sensation of a ball rolling in the abdomen, ascending to the stomach and fauces, and there strangulating; drowsiness; convulsions; profuse discharge of limpid urine; the mind involuntarily whimsical, and mutable. But the Doctor seems not clear how far the hysteria may differ in respect to species; he does not allow **SAUVAGES** perfectly right in this point; but the species enumerated by him he considers only as varieties from the remote cause; which are attributed either to,

1. Too sparing a flux of the menses.
2. Too profuse sanguinary catamenia.
3. The whites.
4. Obstructions of the viscera.
5. Some fault in the stomach.

Or, 6. Too great lasciviousness.

The verminous, and that from febrile affections allowing to be manifestly symptomatic; but says *Sauvages* has forgot that species which he thinks the most exquisite and frequent which attacks grown-up women, who live luxuriously, of sanguineous, plethoric, and strong constitutions, and who being free from any other disease, have this originating from mental affections alone. — *Nosologicæ Synopsis Methodicæ*, vol. ii.

Here we find a perceptible difference in the three complaints; yet it is allowed by most writers that the hysteria and hypochondriasis may be complicated in the same subject, which Dr. Swan has himself observed; but it seldom or never happens in men. *W.*

is more indisposed than any other part of the body, but for reasons hereafter to be explained.

Appears under numerous forms.

60. This disease is not more remarkable for its frequency, than for the numerous forms under which it appears, resembling most of the distempers wherewith mankind are afflicted. For in whatever part of the body it be seated, it immediately produces such symptoms as are peculiar thereto; so that unless the physician be a person of judgement and penetration, he will be mistaken, and suppose such symptoms to arise from some essential disease of this or that particular part, and not from the *hysteric passion*.

The *hysteric passion* sometimes resembles an *apoplexy*.

61. To exemplify this remark. Sometimes it attacks the head, and causes an *apoplexy*, which also terminates in a *hemiplegia*; exactly resembling that kind of *apoplexy*, which proves fatal to some aged and corpulent persons, and arises from an obstruction and compression of the nerves, occasioned by a copious phlegm contained in the cortical part of the brain. But the *apoplexy* in *hysteric* women seems to proceed from a very different cause; for it seizes them frequently after a difficult delivery, attended with a great loss of blood, or proceeds from some violent commotion of mind.

Sometimes in epilepsy.

62. Sometimes it causes terrible convulsions,* much like the epilepsy, along with a rising of the

* Sometimes it causes terrible convulsions, &c. The *hysteric* paroxysm is more accurately described by Dr. Cullen in the following words: The disease attacks in paroxysms or fits; these commonly begin by some pain, and fullness felt in the left side of the belly; from this a ball seems to move with a grumbling noise into the other parts of the belly, and making as it were various convolutions there, seems to move into the stomach, and more distinctly still rises up to the top of the gullet, where it remains for some time,

the *abdomen* and *viscera* towards the throat, and such strong convulsive motions, that though the patient be otherwise rather weak, she can scarce be held by the attendants. And she talks wildly and unintelligibly, and beats her breast. This species of the disease, which is commonly en-

time, and by its pressure upon the larynx gives a sense of suffocation. By the time that the disease has proceeded thus far, the patient is affected with a stupor and insensibility, while at the same time the body is agitated with various convulsions, the trunk of the body is wreathed to and fro, and the limbs are variously agitated; commonly the convulsive motion of one hand and arm, is that of beating with the closed fist upon the breast very violently and repeatedly; this state continues for some time, and has during that time some remissions and renewals of the convulsive motions; but they at length cease, leaving the patient in a stupid, and seemingly sleeping state; more or less suddenly, and frequently with repeated sighing and sobbing, together with a murmuring noise in the belly, the patient returns to the exercise of sense and motion, but generally without any recollection of the several circumstances that had taken place during the fit. This is the most common form of an hysterick paroxysm; but its fits are considerably varied in different persons, and even in the same person at different times; it differs by having more or fewer of the circumstances above mentioned; being more or less violent; and by the different duration of the whole fit.

Before the fit, there is sometimes a sudden and unusual large flow of limpid urine; at the coming on of the fit, the stomach is sometimes affected with vomiting, the lungs with considerable difficulty of breathing, and the heart with palpitations. During the fit, the whole of the belly, and particularly the navel, is drawn strongly inwards; the sphincter ani is sometimes so firmly constricted, as not to admit a small glyster pipe; and there is at the same time an entire suppression of urine; such fits are from time to time ready to recur, and during the intervals, the patients are liable to involuntary motions, to fits of laughing and crying, with sudden transitions from the one to the other; while sometimes false imaginations, and some degree of delirium also occur. — Cullen's *Practice of Physic*, vol. iv. *W.*

titled

titled the *strangulation of the womb, or fits of the mother*, happens most frequently to such women as are of a very sanguine and robust constitution.

Sometimes a vehement pain in the head, with excessive vomiting.

63. Sometimes this disease attacks the external part of the head, between the *pericranium* and the *cranium*, and occasions violent pain, which continues fixed in one place, not exceeding the breadth of the thumb, and it is likewise accompanied with very violent vomiting. I call this species the *clavus hystericus*, which chiefly affects such as have the *green sickness*.

Sometimes it causes a palpitation of the heart.

64. Sometimes it seizes the vital parts, and causes so violent a *palpitation of the heart*, that the patient is persuaded, those about her must needs hear the heart strike against the ribs. Slender and weakly women that seem consumptive, and girls that have the *green sickness*, are chiefly subject to this species.

Sometimes a dry cough.

65. Sometimes it affects the lungs, causing an almost perpetual *dry cough*; and though it does not shake the breast so violently, yet the fits are more frequent, and the patient's senses are also disordered. But this species of the *hysterick cough* is very rare, and chiefly happens to women of a phlegmatic constitution.

Sometimes a disorder resembling the *iliac passion*.

66. Sometimes attacking the parts beneath the *scrobiculus cordis* in a violent manner, it occasions extreme pain, like the *iliac passion*, and is attended with a copious vomiting of a certain green matter, nearly resembling what is usually called *porraceous bile*, and sometimes the matter is of an uncommon colour. And frequently after the pain and vomiting have continued several days, and greatly debilitated the patient, the fit is at length terminated by an universal

universal jaundice. Moreover, the patient is so highly terrified, as to despair of recovering; and, as far as I have observed, this dejection or despondency as certainly accompanies this species of the hysterick passion, as either the pains or vomiting above mentioned. This kind chiefly attacks women of a lax texture of body, or those who have suffered greatly by being delivered of large children.

67. Sometimes this disease seizes one of the kidneys, where, by the violent pain it occasions, it entirely resembles a *fit of the stone*, ^{Sometimes a disorder resembling a fit} not only of the *stone*, with respect to the kind of pain, and the part affected, but likewise by the violent vomiting wherewith it is accompanied, and the pain's extending through the whole duct of the *ureter*: so that it is hard to distinguish whether the symptoms arise from the *stone* or any hysterick disorder; unless perhaps, the woman's spirit having been depressed by some misfortune a little before the disorder came on, or the discharge of green matter by vomit, should shew that the symptoms are rather to be ascribed to an hysterick disorder than the *stone*. The bladder also is occasionally affected with this delusory symptom, which not only causes pain, but a suppression of urine, as if there was a *stone*, though there is none. This last species rarely happens, but the former more frequently. Both are accustomed to attack such women as are greatly debilitated by frequent hysterick fits, and in a bad state of health.

68. Sometimes seizing the stomach, it causes ^{Sometimes it occasions a continual vomiting or purging.} continual vomiting; and sometimes fixing in the intestines, occasions a purging; but both these symptoms are without pain, though the above-mentioned

mentioned green humour frequently appears in both. Such also as have been weakened by frequent hysterical fits, are chiefly subject to both these species.

Sometimes it attacks the external parts, causing a pain or tumour of the FAUCES, shoulders, &c.

69. Moreover, as this disease affects most of the internal parts, so likewise it sometimes attacks the external parts, and muscular flesh, sometimes causing pain, and sometimes a tumour in the FAUCES, shoulders, hands, thighs, and legs, in which kind *the swelling which distends the legs** is most remarkable. For whereas in dropsical swellings these two particulars may always be observed, namely, (1.) they increase towards night, and (2.) pit for some time after being pressed by the finger; in this tumour the swelling is largest in the morning, and does not yield to the finger, or leave any mark behind it, and it generally only swells one of the legs. In other respects, if the magnitude and surface of it be observed, it differs so little from dropsical tumours, that the patient can scarce be persuaded to think it otherwise.

Sometimes the teeth.

70. The teeth also (which one would scarce believe) are subject to this disease, though free from the least cavity, and manifest defluxion that might cause pain, which nevertheless is not at all milder, of shorter continuance, or more easily curable. But the pains and swellings that affect the external part, chiefly happen to such

* *The swelling which distends the legs, &c.* Though this may be an uncommon accident, agreeable to Dr. Swan's idea, yet I have sometimes seen it, exactly similar to that described by our author, particularly in the case of a lady of York, who was very subject to hysterical affections, and had this appearance of swelling in her legs, though not any symptom of a dropsical tendency was its associate. *W. women,*

women, as are almost worn out by the long continuance and violence of hysterick fits.

71. But the most frequent of all the tormenting symptoms of this disease is a *pain of the back*, Is generally accompanied with a pain of the back. which generally accompanies even the slightest degree of it. The above-mentioned pains likewise have this effect in common, that the part they affect cannot bear the touch after they are gone off, but remains tender and painful, as if it had been severely beaten; but this tenderness wears off by degrees.

72. It is likewise well worth notice that all All its these symptoms are preceded by a remarkable preceded by *coldness of the external parts*, which seldom goes off before the fit ceases. And I have observed, preceded by coldness of the outward parts. that this coldness resembles that which is perceived in dead bodies, the pulse notwithstanding continuing regular. Whereto may be added, that most of the hysterick women that I have hitherto treated, have complained of a *lowness*, and (to use their expression) a *sinking of the spirits*; which, by their pointing to the region of the lungs, to shew the part affected, seemed to be seated there. Lastly, it is generally known that hysterick women sometimes *laugh*, and sometimes *cry* excessively, without the least apparent provocation.

73. But amongst the symptoms accompanying this disease, the most peculiar and general one is This disease generally attended with a copious excretion of clear urine. the making great quantities of urine as clear as rock water; which upon diligent inquiry, I find it to be the distinguishing sign of those disorders which we call *hypochondriac* in men and *hysterick* in women. And I have sometimes observed in men, that soon after having made urine of an *amber colour*, being suddenly seized with some

extraor-

extraordinary disturbance of mind, they have made a large quantity of clear water, with a continued violent stream, and remained indisposed till the urine came to its former colour, when the fit went off.

And sometimes with fetid, and highly acid eructations.

74. Moreover in *hysteric* and *hypochondriac* subjects, when the disease has been of long standing, they have *fetid*, and sometimes highly *acid eructations*, after eating, though they eat moderately, according to the appetite; the digestive faculty being greatly impaired, and the juices vitiated.

And with a great disturbance of mind and lowness of spirits.

75. But their unhappiness does not only proceed from a great indisposition of body, for the *mind* is still more disordered; it being the nature of this disease to be attended with an incurable *despair*; so that they cannot bear with patience to be told that there are any hopes at all of their recovery, easily imagine that they are liable to all miseries that can befall mankind, and presaging the worst evils to themselves. Upon the least occasion also they indulge terror, anger, jealousy, distrust, and other hateful passions; and abhor joy, and hope, and cheerfulness, which, if they accidentally arise, as they seldom do, quickly fly away, and yet disturb the mind as much as the depressing passions do; so that they preserve no mean in any thing, and are constant only to inconstancy. They love the same persons extravagantly at one time, and soon after hate them without a cause: this instant they propose doing one thing, and the next change their mind, and enter upon something contrary to it, but without finishing it; so unsettled is their mind, that they are never at rest. What the *Roman* orators assert of the superstitious agree exactly with these melancholic persons.

persons. Sleep seems to be a relief from labour and inquietude, but from this many cares and fears arise; their dreams being ever accompanied with the representations of funerals and apparitions of their departed friends. And so much are they distempered in body and mind, that it seems as if this life were a purgatory, to expiate offences committed in a pre-existent state. Nor is this the case only in furious maniacs, but even in those who, excepting these violent passions, are judicious persons, and for profoundness of thought, and solidity of speech, greatly excel those whose minds were never disturbed by these tormenting thoughts. So that the observation of Aristotle is just, who asserts that *melancholy persons are the most ingenious.*

76. But this very dreadful state of mind, Especially which I have mentioned above, only attacks when the disease hath such as have been much and long afflicted with been of long standing. this disease, and are at length overcome thereby; especially if misfortunes, grief, care, hard study, and the like, along with an ill habit of body, have contributed thereto.

77. It would take too much time to enumerate all the symptoms belonging to hysterick diseases; so much do they vary, and differ from each other. *Democritus*, therefore, in writing to *Hippocrates*, seems to have had reason to assert, though he mistook the cause of the disease, *that the womb was the origin of six hundred evils, and innumerable calamities.* Nor do they only differ so greatly, but are so irregular likewise, that they cannot be comprehended under any uniform appearance, as is usual in other diseases; but are a kind of disorderly train of symptoms,

Hard to enumerate all its symptoms.

so that it is a difficult task to write the history of this disease.

The external causes thereof.

78. The *procatarectic* or *external causes* thereof are either violent motions of the body, or, more frequently, some great commotion of mind, occasioned by some sudden fit, either of anger, grief, terror, or the like passions. Upon this account, whenever I am consulted by women concerning any particular disorder, which cannot be accounted for on the common principles of investigating diseases, I always inquire, whether they are not chiefly attacked with it after fretting, or any disturbance of mind; and if they acknowledge this, I am well assured that the disease is to be ascribed to the tribe of disorders under consideration, especially if the diagnostic appears more evident by a copious evacuation of pale urine at certain times. But to these disturbances of mind, which are the usual causes of this disease, must be added, emptiness of the stomach, from long fasting, or immoderate evacuations, whether by bleeding too profusely, or giving too strong a vomit or purge.

Its internal and efficient causes irregular motions of the animal spirits.

79. Having now given a full description of this disease, according to its common symptoms, we are next to consider the *internal efficient causes* thereof, so far as these can be discovered from all the circumstances which we have described, taken together. And, in my opinion, disorders, which we term hysterick in women, and hypochondriac in men, arise from *irregular motions of the animal spirits*, whence they are hurried with violence, and too copiously to a particular part, occasioning convulsions and pain, when they exert their force upon parts of delicate sensation; and destroying the functions

tions of the respective organs which they enter into, and of those also whence they came; both being highly injured by this unequal distribution, which quite perverts the œconomy of nature.

80. The origin and *antecedent cause* of these irregular motions of the spirits *proceed from the weakness of their texture*,* whether it be natural or adventitious, whence they are easily dissipable upon

* *From the weakness of their texture.* This reasoning of our author is altogether suppositious, for nothing can be certainly known of the nature of a fluid, whose existence is not discoverable, which is subject to no experiments, being, if such a fluid does really exist, too subtilized to come under the power of human investigation. The deductions drawn from thence cannot be satisfactory; nor can those of Dr. FLEMING, who, in speaking of the animal spirits, and the cure of those diseases arising from them, supposes that similar exertions are to be made by the healing art, as in diseases where the sanguinary fluid is concerned with respect to the alteration of its texture, the correcting of its acrimony, &c.; for, says he, we have a right to conclude the animal spirits partake of the same nature as the fluids from whence they were separated. However, be that as it may, authors at present disagree much about the disease here spoken of, and make great confusion in their accounts with respect to the three diseases we have specified above in *Note pag. 104*, often confound them, and many consider them as one and the same complaint; but the definitions we have given, shew them evidently different, and so are the causes producing them. In order, therefore, to elucidate this point, a knowledge of which is so material to a successful practice, we must advert to the pathognomical symptoms attendant on each, and refer our readers to the histories given more at large by Dr. CULLEN and HOFFMAN, which will assist in corroborating the opinion we consider as laying the foundation for the origin of these diseases separately; for we conclude, that they depend upon different degrees of nervous energy and irritability in the living solids; relaxation of the muscular fibres

upon the least accident, and their office perverted; for as the body is composed of parts which are manifest to the senses, so doubtless the mind consists in a regular frame or make of the spirits, which is the object of reason only. And this being so intimately united with the temperament of the body, is more or less disordered, according as the constituent parts thereof, given us by nature, are more or less firm. Hence women are more frequently affected with this disease than men, because kind nature has given them a finer and more delicate constitution of body, being designed for an easier life, and the pleasure of men, who are made robust that they might be able to cultivate the earth, hunt and kill wild beasts for food, and the like.

This opinion illustrated and exemplified by the Strangulation of the womb. 81. But that the irregular motion of the spirits is the cause of the disease, is fully manifest from the symptoms just enumerated; I will only mention the principal, beginning with that remarkable one, the *strangulation of the womb*, or *fits of the mother*. In this case the spirits being copiously collected in the lower belly, and rushing with violence to the *fauces*, occasion convulsions in all the parts through which they pass, puffing up the belly like a ball; which however

and locality of affection, attended also with different degrees of mental influence.

In hypochondriasis, therefore, we think that there is too great a torpor in the nervous system and living solids.

In hysteria, too great irritability and irregularity.

In dyspepsia, too great imbecility in the stomach, and weakness of muscular action.

All which may put on various appearances, according to the different combinations of the active causes, and the predisposition in the parts affected, either meditately, or immediately. *W.*

is only a kind of convolution or conglobation of the parts, spasmodically affected, that cannot be suppressed without using violent means. The external parts and the flesh in the mean time being in great measure destitute of spirits, which are carried another way, frequently become so cold, both in this and all the other kinds of hysterical disorders, that dead bodies are not colder, whilst the pulse remains in its natural state; this symptom however is not dangerous, unless it be owing to some preceding excessive evacuation.

82. The same may be said of that violent kind of this disorder which in outward appearance *resembles the bilious colic*,* or *iliac passion*, wherein the patient is afflicted with a very violent pain, in the parts contiguous to the *scrofuliculus cordis*, along with a copious discharge of green matter by vomit; which symptoms proceed only from a forcible impulsion of the spirits stagnating in those parts, occasioning the pain, convulsion, and loss of their functions.

83. For it is not immediately to be concluded, because the discharges upwards and downwards, in this disorder, are sometimes *green*, that it is seated in the fluids, or that the violent pain proceeds from the acrimony of some humour vellicating the parts to which it adheres, which for this reason we should esteem the cause of the disease, and therefore judge that it ought to be thoroughly expelled by emetics and ca-

* *Resembles the bilious colic, or iliac passion.* This is called by SAUVAGES *gastrodynia hysterica*, because it affects the stomach, therefore he separates it from the *colica hysterica*, which our author has before treated of; and Dr. CULLEN considers it as synonymous with *DYSPEPSIA*, under which definition he gives it a place. *W.*

thartics. For it appears that the sickness, which seizes those who go to sea, occasioned by the agitation of the animal spirits from the motion of the ship, is attended in healthy subjects with a vomiting of green matter, though but half an hour before no such bile, as we term *porraceous*, existed in the body. Again, do not children in convulsive fits, in which the animal spirits are principally disordered, evacuate a matter of the same colour upwards and downwards? Whereto must be subjoined, what is manifest from daily experience, *viz.* that though such women and children should be thoroughly emptied by repeated purging, yet the greenness would still appear in the discharges upwards and downwards. Moreover the green matter increases upon the frequent use either of emetics or cathartics; because both these evacuations cause a great disturbance of the animal spirits; which, I cannot tell how, quite destroys the ferment of those parts, or by the violence of the convulsions forces some juices of a strange nature into the stomach and intestines, which has the property of tinging the juices of this colour. The chemists, indeed, though they cannot furnish us with better remedies, than may be obtained from pharmacy, are, however, able to gratify our curiosity, by exhibiting two equally clear transparent liquors, which, upon mixture, immediately become of some deep colour, as if there were conjuration in the case. But, in reality, the consideration of colours is so insignificant and variable, that no certainty can be had from them, with respect to the nature of those bodies wherein they appear: for it does not more necessarily follow, that whatever is of a green colour is acrid, than that

that all acrid things are green. Upon the whole it is apparent, that the violent pain which almost destroys such as are seized with the hysterick colic, and the evacuation of the green matter, proceeds* entirely from the violent rushing of the spirits to the parts beneath the *scrobiculus cordis*, and contracting them by convulsions.

84. To

* *And the evacuation of green matter proceeds.* The bile, says the acute Dr. HUXHAM, does not turn green unless it be mixed with an acid, and the stronger the acid the darker greenness arises, approaching nearly to blackness, and the greater is the coagulation; so that the mixture in colour and consistence nearly resembles ink poured on foot; and this appears more manifest upon making an experiment with human bile, which is perhaps more alcaline than that of any other animal. This seems to me to be the most common origin of black and green bile; and consequently those persons err, who believe that these kinds of bile are only formed in the passages, since anatomists frequently find both black and green or *porraceous* bile in the gall bladder and biliary conduits.

Experiance confirms this reasoning, without which the most plausible theory is vain; thus I have often been astonished to see a porraceous and a black bile (which is abundantly more acrimonious than that) thrown up by vomit, which corroded metals, and boiled up on the ground, like spirit of vitriol dropt thereon, and so austerey acid, that it set the teeth strongly on edge and excoriated the throat. Are not these eminent proofs of acidity? spirit of vitriol scarce gives greater. I treated a sailor some time ago, who upon his return from Virginia, being seized at first with gripings, and afterwards with violent convulsions and a delirium, vomited a large quantity of deep green, and sometimes a very black and acid bile: the attendants having introduced a silver spoon into his mouth during his convulsions, that he might not bite his tongue, it in a moment turned as black as if it had been stained with spirit of nitre. By the way it must be observed, that this man being a great lover of the juice of lemons, drank it copiously in most of his liquors; and I must likewise add, that I have found such persons afflicted with a black or porraceous bile, who had frequently laboured under a disorder in the stomach, occasioned

The *clavus hystericus*
caused by
irregular
motion of
the spirits.

84. To this irregular motion of the spirits * the *clavus hystericus* is to be ascribed, in which all the spirits

sioned by a corroding and very pungent acid. I remember about fifteen years since, that having ordered a young gentleman to be bled, who was a great lover of acids and cyder, and on this account frequently seized with *cholic* and *rheumatic* pains, I was amazed to find the *serum* as green as the juice of leeks. See our second *Observation in the Phil. Trans.* No. 382.

I am indeed well aware, that the excellent SYDENHAM holds that *porraceous* or green bile proceeds solely from the irregular motion of the spirits ; but if this were true, such bile would be generated upon every extraordinary commotion of mind or vehement agitation of the spirits, which, however, seldom happens. The passions of the mind do indeed agitate and force out the bile into the *viscera*, where, if it meets with an acid humour, it turns green, in which state it is often vomited up in great commotions of mind. But the same person, who from a vehement commotion of mind now vomits green bile, will perhaps soon after, from a more violent disturbance, vomit an entirely yellow bile. And thus a person at sea throws up a very green bile one day, who, nevertheless, the next day may vomit a yellow one, and vice versa. The bile, when out of the body, does not turn green with violent shaking, and therefore scarce turns green in the body without the admixture of an acid ; I speak my thoughts. A vehement agitation of the spirits, or immoderate passion of the mind, chiefly hurts digestion, so that the chyle turns sour in the stomach, and gives a greenness to the bile, which flows into this bowel, and is mixed therewith ; and as long as the stomach continues weak, the food taken in is ill-digested, whence both it and the intestines may be overcharged with an acid phlegm for a considerable time. See *Hurham de M. col. danmon.* pag. 19, 20, 21, 22.

That human bile and the bile of animals turn green, and afterwards black, by mixing and digesting it with acids, is verified from some experiments of *Baglivi*, which tend to confirm what has been advanced above. See *Baglivi Op. P. 436, &c.*

* To this irregular motion of the spirits the *clavus hystericus*, &c. To the exertion of nervous influence and local irritability may be attributed the variety of symptoms which our

spirits are collected in a certain point of the *pericranium*, occasioning such a kind of pain, as if a nail were driven into the head, and attended with a copious discharge of green matter by vomit. And this contraction of all the spirits into a kind of point differs little from the collection of the rays of the sun by a burning glass ; for as these burn by their united force, so those for the same reason cause a pain, by tearing the membranes with united violence.

85. And from the same inordinate motion of ^{Also the co-} the spirits, which disturbs the mixture of the ^{copious dis-} blood, arises the voiding of a *copious clear urine* ; ^{charge of} *limpid wine*. which is a frequent symptom in hysterick and hypochondriac disorders ; for, when the due circulation of the blood is often disturbed, the *serum* is hurried to the urinary passages before it has remained long enough in the body, to be impregnated with those saline particles that render it of a straw colour. We have frequent instances of this, in those who drink too freely, especially of thin and attenuating liquors, whose urine immediately becomes transparent thereupon : in which case the blood being stocked with an over proportion of *serum*, which it can-

our author gives to this cause ; and from hence may be accounted the sudden mutability of affections, which manifest themselves in the different parts of the machine ; sometimes attacking the head, stomach, lungs, bowels, kidneys, uterus, &c. Indeed it is impossible to conceive, except by those who are taught from experience, how extremely irritable, and from how slight causes the various sensible parts of the human machine are, and how quickly, thrown into violent action by the slightest causes : I have known a lady thrown into universal agitation by touching cold iron, and similar effects produced by other circumstances, to appearance equally trivial. *W.*

not.

not retain, discharges it quite clear, and not yet coloured by the juices, by reason of its too short stay in the body.

Illustrated
by a case.

86. Three years since a nobleman sent for me, who seemed to be afflicted with a *hypochondriac cholic*, differing little from an *iliac passion*, attended with pain and immoderate vomitings, which he had long laboured under, so that he was in a manner worn out. During the whole course of the disease, whenever he was in his worst state, I observed that he always voided a clear colourless urine, but upon the abatement of the disorder it inclined to its natural straw colour. Visiting him one day I found his urine that was made at three several times, and kept apart of a straw colour, and he was very cheerful, had an appetite, and thought of eating something of easy digestion ; *but some person coming in that instant, and** putting him into a violent passion,

* *But some person coming in at that instant, and, &c.*
There is no disease which affords more striking proofs of the intimate union which subsists between the mind and sensitive parts of the human machine, than these of the hysterick class ; and though it appears wonderful, how that which we consider immaterial, should have such astonishing effects on the material parts of the body, or that materiality should produce changes on immateriality : still, though we are unable to account how it happens, the facts are indisputably true. Untoward accidents, the recital of melancholy histories, nay, even the reflection on some previous disagreeable circumstances in life, will derange the functions of the animal œconomy in various parts, so as to produce a variety of painful and morbid effects, and often agitate the whole frame ; and on the other hand, disease itself will spread its influence to the faculties of the mind, and throw them into great disorder ; so that, though observation furnishes us with the truth of these facts, yet the experience and philosophic investigation of ages afford us nothing more than hypothetical reasoning on the principles from whence they immediately originate. *W.*

he

he immediately thereupon made a large quantity of very clear water.

87. Possibly the spitting, which is so common a symptom in hysterical subjects, arises from the spirits, disturbing the mixture of the blood: The sputation in hysterical subjects from the same cause. they spit a thin *saliva* for many weeks, as if it were produced by *mercurial unction*; for during this commotion of the blood, which renders it unfit to perform excretions in the natural way, the *serum* accidentally taking this contrary course, is not discharged by the kidneys according to the laws of nature, but derived to the glands from the extremities of the arteries, and empties itself by the salival ducts in the form of *saliva*. The same may be said of those profuse night sweats which sometimes seize hysterical women, and proceed only from the ill state of the *serum* of the blood, which disposes it to be thrown on the habit, from the irregular motion of the blood just mentioned.

88. It is manifest also that the *coldness* of the external parts, which often happens in hysterical disorders, arises from the spirits forsaking their And the coldness of the outward parts. station, and crowding too much to some particular part; and doubtless both the *crying* and *laughing* fits, which frequently affect hysterical women without any provocation, are caused by the violent action of the animal spirits upon the organs which perform these animal functions.

89. And by the way, I must observe that Men sometimes subject to fits of weeping, exemplified in a case likewise. men are sometimes subject to such *crying fits*, though rarely. I was called not long since to an ingenious gentleman, who had recovered of a fever but a few days before; he employed another physician, who had blooded and purged him thrice, and forbid him the use of flesh.

When

When I came and found him up, and heard him talk sensibly on some subjects, I asked why I was sent for ; to which one of his friends replied, If I would have a little patience I should be satisfied. Accordingly, sitting down, and entering into discourse with the patient, I immediately perceived that his under lip was thrust outward, and in frequent motion (as it happens to fretful children, who pout before they cry) which was succeeded by the most violent fit of crying I had ever seen, attended with deep and almost convulsive sighs ; but it soon went off. I conceived that this disorder proceeded from an irregular motion of the spirits, occasioned in part by the long continuance of the disease, and partly by the evacuations that are required in order to the cure ; partly also by emptiness, and the abstinence from flesh, which the physician had ordered to be continued for some days after his recovery to prevent a relapse. I maintained that he was in no danger of a fever, and that his disorder proceeded wholly from emptiness ; and therefore ordered him a roast chicken for dinner, and advised him to drink wine moderately at his meals ; which being complied with, and the continuing to eat flesh sparingly, his disorder left him.

The other symptoms of the hysterick disease caused likewise by the irregular motion of the spirits.

90. To conclude (not to mention the other concomitant symptoms of this disease) the disturbance and variable indisposition of body and mind, which prevail in *hysterick* and *hypochondriac* subjects, arise from the same *inordinate motion of the spirits* : for such persons not having that firmness of spirits which the robust, and those who never want vigorous spirits, always possess, cannot bear misfortunes, but being

being soon moved by passion or pain, are as much affected as those whose minds are originally weak, or rendered so by a long train of disorders, or their long continuance. For the strength and steadiness of the mind, during its union with the body, chiefly depends on the firmness of the spirits which are subservient thereto, which are in reality composed of the finest particles of matter, and bordered upon immaterial, or spiritual beings. And as the frame of the mind, if I may use the expression, is much more curious and artful than the structure of the body; as consisting in an harmony of the most excellent, and almost divine faculties; so if the constitution be any way disordered the evil must be so much the greater, the more excellent and delicate the workmanship was, whilst it remained entire. And this indeed is the case of those miserable dejected persons we have described, which the positive command of the proudest *stoic* would not sooner relieve, than the tooth-ach would be prevented by a person's firmly resolving not to suffer his teeth to ach.

91. I conceive now that it is sufficiently manifest that all the kinds of this disease are to be ascribed to a disorder of the animal spirits; and not to the ascent of malignant vapours from corrupted semen, or *menstruous blood*, to the parts affected, as some authors have asserted; or, as others affirm, to a latent depravity of the juices, or a collection of acrid humours. For that the cause of the disease does not lie concealed in any morbid matter, appears evident from this single instance: If a slender weak woman, otherwise usually healthy, happens by mistake to be debilitated and exhausted by a strong vomit or purgative.

And not by
malignant
effluvia from
corrupted se-
men or men-
struous
blood, &c.

purgative, she will be infallibly seized with some one of the concomitant symptoms of this disease; which would rather have been carried off than occasioned thereby, if the cause thereof had been contained in a humour. The same may be said of too great a loss of blood, whether it be taken away by bleeding, flows immoderately after delivery, or be diminished by inanition and too long abstinence from flesh; all which would rather be preventive than productive of hysterick diseases, if the cause thereof were included in some kind of matter; whereas, on the contrary, they are never more certainly occasioned than by these evacuations.

The original cause thereof not in the fluids, tho' it corrupts them in time.

92. But though it abundantly appears that the original cause of this disease is not seated in the fluids, it must nevertheless be owned, which indeed is fact, that the irregular motion of the spirits, whence it proceeds, generates putrid humours in the body; because the function both of those parts which suffer from the violent action of the spirits upon them, and those which are deprived thereof, are quite destroyed. And most of these being a kind of *separatory organs* or strainers, designed for the reception of the excrementitious parts of the blood, it follows, that if their function be any way injured, abundance of the impurities must needs be collected in the body, which had been expelled, and consequently the whole mass of blood rendered more pure, provided every organ had done its office, which would not have been wanting, if each had received its proper supply of spirits. To this cause I ascribe remarkable *cachexies*, *loss of appetite*, and the *green sickness* in young women (which latter is doubtless a species of hysterick

hysterick disorders) and all the numerous evils which trouble those who have been long afflicted with this disease; for all these proceed from corrupt juices collected in the blood, and derived thence to various organs. Of this kind is ^{Instanced in} a *dropfy of the womb* in women who have long ^{in a dropfy of} laboured under hysterick disorders, proceeding from a translation of vitiated juices from the blood to these organs; which impairs their functions, whence they first become sterile and the tone of the parts is quite destroyed; and afterwards *sanies* and *serum* are generated, which not only distend the *ovaries* and *ova* considerably, but insinuating themselves into the interstices of the teguments, greatly swell them, as appears upon dissecting the bodies of such as perish by this disease. In the mean time the hysterick disposition is the primary cause of these and other similar humours, though they are not of the same kind with it.

93. In the same manner in a *quartan*, where- and in a ^{quartan.} with a person in perfect health may be seized, by residing two or three days in moist and marshy places; some spirituous venom of this disease is first communicated to the blood, which remaining a considerable time, and the animal *œconomy* being at length injured, taints all the juices of the body, and quite alters their nature; whence the patient, especially if he be in the decline of life, is disposed to cachexies and other disorders, which succeed inveterate intermittents. And yet these intermittents are not to be cured by those remedies which are adapted to purge off such humours, but by such *specifics* as are immediately curative of these disorders.

94. From

The chief curative indication is to strengthen the blood.

94. From what has been advanced, it seems evident to me, that the chief curative indication in this disease, * is that which directs the strengthening the blood, which is the source and origin of the

* The chief curative indication in this disease is, &c. SYDENHAM considers these disorders as arising from the irregular motions of the animal spirits, proceeding from the weakness of their texture, which depends upon the same state of the sanguinary fluid, therefore, in order to accomplish a cure, directs to attempt strengthening the blood. This mode of reasoning must be erroneous; for we find, that very often hysterick patients have the crisis of the blood in a much firmer state than many who are not afflicted with this complaint; and many who are not at all subject to this affection, have its texture in an infirm and loofely-cohering state; therefore the true indications are to be deduced from other sources; and probably the following are the least exceptionable, consistently with the principles laid down above, Note **, pag. 116.

In the paroxysm, the violence of nervous energy should be checked, in order to take off the convulsive affections. By the use of antispasmodics and sedatives, the most eligible and powerful of which are, *valerian*, *oleum animale*, *oleum vini*, *oleum succini rectificatum*, *ether*, *camphor*, *asa fatida*, *musk*, *syrup of white poppies*, and *opium*, some of which may occasionally be united or joined with volatile salts or spirits, or other substances, as the irritability of the vascular system is more or less prevalent; taking particular care to administer such of the antispasmodics as are the most agreeable to the peculiarity of the constitution; for in some fetids will not agree, or be inefficacious, whilst those of the odoriferous clas will answer every good purpose, and vice versa; the same also may be said of opium and the syrupus *papaveris albi*.

After the paroxysms have ceased, in order to prevent a relapse, nervous energy should be rendered equable and regular, and the tone of the system properly strengthened, so that it may become less prone to exert its irritable powers, or have them brought into action by slight causes; and these intentions seem best answered by keeping the mind perfectly at ease; gentle exercise, a light, easily-digestive diet, cheerful company, particularly avoiding fatigue, either corporal or mental, and in fine, all such things as create debility

the spirits ; this being effected, the invigorated spirits may preserve that order which suits the due order of the whole and every part of the body. But as this disorder of the spirits may, by its long continuance, have vitiated the juices, it will be proper first to *lessen their quantity by bleeding and purging*,* if the patient be not too weak, before we proceed to strengthen the blood ; which can scarce be done, so long as we are obstructed by abundance of foul humours

Bleeding and purging, when to be premised.
lity of the system, or bring to the mind displeasing images or painful reflections. With respect to medicines, Peruvian bark and chalybeates seem to be those most to be depended upon ; or a long course of chalybeate waters, particularly in such as are of relaxed and debilitated habits.

Dr. Cullen thinks, that there is so great a degree of analogy between this disease and the epilepsy, that the indications of cure are the same in both, and mentions those medicines which have been recommended in epileptic cases as useful and equally proper here, viz. the viscus quercinus, tonic bitters, orange tree leaves, arsenic, preparations of tin and iron, preferring the latter as safer, cuprum ammoniacum, zincum calcinatum, flores cardamines, bleeding occasionally, and iissues. *W.*

*. *Lessen their quantity by bleeding and purging.* Without there is a fullness in the habit, these are generally of infinite disservice ; for there are few who can stand either one or the other without manifest signs of an increase in their disorder ; hence, when either are necessary, except in cases where the turgescency of the sanguinary system is very violent, cupping with scarification and mild aperients are preferable, and they should be repeated, if required, only with the greatest circumspection ; for bleeding and purging in any other mode, occasioning sudden and great depletion, debilitates the system too powerfully, and aggravates the symptoms universally. Indeed some hysterick patients cannot bear the mildest purgatives, not even glysters, without experiencing great inconvenience, having their spirits immediately depressed upon any uncommon evacuation downwards. I have often seen hysterick paroxysms immediately succeed, after two or three loose stools. *W.*

lying in the way. But as the pain, vomiting, and purging, are sometimes so violent, that they cannot safely be neglected, till we have answered the primary intention of strengthening

When an opiate is to be exhibited. the blood, we are to disregard the cause for a time, and begin the cure by quieting the symptoms, for that purpose exhibiting an opiate;

after which we must endeavour to mend and strengthen the spirits, the weakness of them

Fetid medicines excellent here. being the cause of the disease. And as experience shews that there are many foetid medicines which are adapted to compose the tumultuary motion of the spirits, and keep them in their proper places, which for this reason are entitled *hysterics*, recourse must be had to them, whenever such intentions are to be answered.

Whence bleeding and purging increase the disorder. 95. With this view, I first bleed in the arm, and afterwards give a cathartic for three or four mornings successively. During these evacuations the patient seems to grow rather worse than better; because they increase the disorder by the hurry they occasion, which I take care to inform her of at first, that she may not be dejected; it being the nature of this disease to sink the spirits. Be this as it will, the primary intention cannot be conveniently answered without carrying off a part of those foul humours, which we suppose to have been collected by the long continuance of the disease.

Some chalybeates to be taken afterwards for thirty days. 96. After these evacuations, in order to strengthen the blood and the spirits proceeding therefrom, I prescribe some *chalybeate* medicine to be taken for thirty days; this being as effectual a remedy as can be given in this case; for it impregnates the vapid and languid mass of blood with a certain volatile ferment, whereby

the

the drooping spirits are rouzed and revived. And this is manifest upon administering steel in the *green sickness*; for it evidently raises and quickens the pulse, heats the external parts, and changes the pale colour of the face to a florid red. But it must be noted here, that *Bleeding* and *bleeding* and *purging* are not always to be used ^{always to be} before *chalybeates*; for in case the patient be extremely debilitated and almost worn out by the ^{exhibiting} *chalybeates*. continuance of the disease, they may and ought to be omitted, and we are to begin with steel. This is a caution well worth observing.

97. Steel, in my opinion, is best given in substance;* and as I have never found or heard

* *Steel is best given in substance.* Of this opinion is BAGLIVI, HOFFMAN, and other great men; but Dr. CULLEN, though he allows it may be given in substance, as its medical virtues may be extracted by the acid in the *primæ viæ*, yet he considers it as an uncertain method, and prefers its combinations, viz. the *ferrum ammoniacale*, olim *flores martiales*, *ferrum vitriolatum*, olim *sal martis*, and *ferrum tartaratum*, a new composition inserted in the *Pharmacopœia* of the College of Physicians of London, 1788. When wanted in a powder form, the Doctor prefers LEMERY's method of procuring it in this form, which consists of letting water, about an inch deep, digest upon the iron filings, by which means part of them will be converted into a fine black powder, and more, if the operation be continued: this may be separated by shaking the vessel, when the uncorroded filings will separate.

In whatever way it is given, it should be administered in small doses, and these exhibited frequently, rather than by increasing any particular dose, and lengthening the interval between its repetition; for we find mineral waters often produce cures, which we in vain attempt by the combinations in our shops; even although these waters contain nothing but iron, which is manifestly owing to the weakness of the dose; in proof of which we find, that the strongly impregnated waters seldom answer so well as those weak ones we commonly reject. *W.*

that it injured any one, who used it in this manner, so, much experience hath convinced me that it cures with more expedition and certainty than any of the common preparations thereof; for officious chemists rather lessen than improve the virtues of this and other excellent medicines, by their method of preparing them. I have likewise been informed (which if it be true, will much strengthen our assertion) that the crude ore is more efficacious in curing diseases, than iron which has been refined by fusion; but for the truth of this I have only the author's word, not being certified of it from my own experience. This, however, I certainly know, that all the best remedies hitherto discovered owe their principal virtues to nature; for which reason grateful antiquity termed them the workmanship of the Supreme Being, and not of man. But that an excellent medicine may be productive of surprizing effects, by its native goodness and efficacy, in whatever form it be taken, is plain from the *bark* and *opium*: nor does the skill of a physician appear so manifest in preparing, as in chusing and adapting those remedies which nature hath prepared with her own fire, and abundantly supplies. All we have to do, therefore, is to reduce medicines to such a form, that their substance, or virtues, may be more effectually communicated to the body, which we are sufficiently able to perform. Next to steel in substance, I prefer the syrup thereof, which is prepared by infusing filings of steel or iron in *Rhenish* wine without fire, till it be sufficiently impregnated therewith; and afterwards straining it off, and with a sufficient quantity of sugar boiling it to the consistence of a syrup.

98. *I do not interpose cathartics at set times* * *Purgatives, during a course of chalybeates, because they seem to destroy the effects of steel both in hysterick and hypochondriac disorders.* For when I chiefly propose to quiet the spirits, and restore and strengthen their frame, the gentlest purgative does, in one day, undo all that I have been able to perform by the use of steel for a week before ; and thus by destroying the effects of the medicine, and exhibiting it afresh, I trifle with myself and patient both. And doubtless this practice of purging between times, which obtains in the use of the *chalybeate* waters, renders them less efficacious. I am well aware, however, that some persons have been cured, not only though purgatives have been interposed, but notwithstanding they have been given daily along with steel ; but the success here is rather to be ascribed to the remarkable virtue of the steel, than to the skill of the physician : for if purgatives had been omitted, the cure would have been sooner completed.

* *Though I do not interpose cathartics at set times, &c.* Notwithstanding it is wrong to administer strong purgatives at particular times during the course of chalybeates, still it is necessary to keep the bowels regularly open, to prevent an accumulation of solids, which is apt from too long retention to acquire a degree of acrimony, and become offensive by the stimulus they excite locally, and from some of the acrimonious particles being absorbed, occasioning a disturbance more general in the system ; rhubarb, therefore, may be occasionally joined with chalybeates, or given at proper intervals, which will be productive of good effects, not only by preventing such a collection, but keeping the coats of the stomach and bowels clear from all superabundant viscosity, permit them to feel the power of medicines, and suffer them to be absorbed into the habit in proper quantity, as well as in their least altered state.

Mischief of frequent purging in other diseases likewise. 99. Moreover, I cannot conceive what benefit can accrue from so frequent a repetition of cathartics in several other diseases besides that under consideration: for though it must be owned that they clear the intestines of foul matters, and sometimes also in some measure expel ill humours contained in the blood; yet, on the contrary, it is as certain, that a frequent repetition of them in weak persons, especially if they be young, proves very detrimental; because a large quantity of humours is thereby carried to the intestines, where they occasion preternatural fermentations, whence swellings arise in the lower belly, which increase daily in proportion to the frequency of purging, and at length these parts, through their weakness and a defect of natural heat (being in a manner oppressed with a load of humours) soon waste and putrefy. And sometimes also the function of the *viscera*, being destroyed by the causes just mentioned, hard tumours, resembling the king's evil, and swellings of this kind, arise in the mesentery, and at length occasion death. For these reasons I judge it safest in children, after a few general evacuations, to endeavour to strengthen the blood and *viscera*, which may be effected by canary alone, or by infusing strengthening herbs therein; provided a few spoonfuls of it be given in morning and night, in proportion to the age of the patient, and the use of it continued for a sufficient space of time. But as external medicines easily penetrate the tender bodies of children, and consequently communicate all their virtue to the blood, whatever it be, it is proper in swellings of the *abdomen*, whether they proceed from scrophulous disorders, or the genuine rickets,

rickets, to have recourse to liniments that may strengthen the blood and *viscera*, and remove any morbid taint wherewith they are affected.

Take of the leaves of common wormwood, the lesser centaury, white horehound, germander, ground pine, scordium, common calamint, feverfew, meadow saxifrage, St. John's wort, wild thyme, golden rod, mint, sage, rue, carduus benedictus, penny royal, southernwood, camomile, tansey, lily of the valley, all fresh gathered and cut small, of each one handful; hog's lard, four pounds; sheep's suet, two pounds; claret, a quart; infuse them together in an earthen vessel upon hot ashes for twelve hours; then boil them till the aqueous moisture is exhaled, and press out the ointment. Let the abdomen, hypochondria, and arm pits be anointed therewith morning and night, for thirty or forty days running.

100. But it must be farther observed with respect to the rickets, that in such swellings as formerly affected the abdomen in children, after inveterate intermittents, and resembled the true rickets, repeated purging seemed to be indicated; for before the use of the bark, intermittents continued a long time, and deposited a sediment, which occasioned such swellings, and hence they could only be removed by frequent purging. But in the genuine rickets purging must not be repeated* more than once or twice at most, before beginning.

* But in the genuine rickets purging must not, &c. In speaking of purging in the hysteria, our author has taken occasion to mention many bad effects produced by this in other diseases, and to particularize the rickets, in which, certainly,

beginning a course of alteratives; and whilst the parts affected are anointed, let the wine above mentioned be taken, or, if it can be done, let the child use small beer for his common drink, wherein

certainly, too free a repetition of that operation must be detrimental, inasmuch as it tends to weaken the habit in general, and particularly the chylopoetic organs; for this disease generally arises in debilitated constitutions from the age of nine to twenty-four months, having for its proximate cause a deficiency, or absorption of osific matter, or a too weak application of its particles inter se; in any of which cases, every cause which tends to create imbecility in the constitution, must aggravate the distemper, and indeed probably contribute to produce it; amongst the number of which, too free purging may deserve to be enumerated; though against mild intestinal evacuants there can lie no objection, prudently administered; and to obviate the effects of this disease, corroborating remedies, as is the common and most successful practice, should be adopted, particularly COLD BATHING; to which may be added the use of tonics, such as ferrum ammoniacale, preparations of copper, Peruvian bark, exercise in an horizontal posture, avoiding moist situations, and unfermented farinaceous substances; and now and then exhibiting emetics and gentle purgatives; on which last head Dr. CULLEN says, "When the appetite and digestion are considerably impaired, vomiting, if neither violent, nor frequently repeated, seems to be of service; and by a moderate agitation of the abdominal viscera, may in some measure obviate the stagnation, and consequent swelling that usually occur in them.

" As the tumid state of the abdomen, so constantly to be met with in this disease, seems to depend very much upon a tympanitic affection of the intestines, so, both by obviating this, and by deriving from the abdominal viscera, frequent gentle purgatives may be of service, particularly by the use of rhubarb, which, besides its purgative quality, has these also of bitter and astringent."

The Doctor arranges this disease under his class CACHEXIAE, in which the whole or a great part of the habit is in a depraved state, unattended with any primary or nervous febrile affection; his order, INTUMESCENTIAE, wherein

wherein a sufficient quantity of all, or several of the afore-mentioned herbs are suffered to stand in infusion. Lastly, this observation deserves to be carefully noted, because I am well assured that many children have been destroyed by the frequent repetition of cathartics, which perhaps the swelling of the belly seemed to demand. But this by way of digression.

101. If it be objected that *the filings of steel may stick to the bowels, and do mischief,** unless An objection to the filings of steel cathartics be exhibited at proper intervals; I I answered. answer, first, that I never observed this ill effect in any of my patients; and besides, it is much more probable that the steel, being enveloped in the *mucus* and excrementitious humours of those parts, will at length be evacuated therewith, than when they are agitated by purgatives, which occasion unusual costiveness, gripings and contractions of the intestines, whence the particles of the steel, which adhere to their coats, may enter deep into them.

102. *During a course of chalybeates,* † in order Hysterical medicines to be joined with chalybeates.

wherein a swelling of the whole or great part of the body is perceptible; and denominates the genus, *RACHITIS*, which he defines, The head large, swelling much anteriorly; the joints also swelled; the ribs depressed; the abdomen tumid; the rest of the body being in a state of emaciation.—*Nosologiae Methodicæ Synopsis*, vol. ii.—*W.*

* *That the filings of the steel may stick to the bowels, and do mischief, &c.* Though seldom any danger can occur from this cause, yet, as in these complaints visceral obstructions are not very uncommon, its exhibition may be attended with bad consequences, if given before they are removed; but that once effected, steel generally proves a valuable cure, and on it, under these circumstances, we may have great dependence. *W.*

† *During the course of chalybeates, hysterical medicines, &c.* Those of the deobstruent class may very properly be joined with

to strengthen the blood and animal spirits, *hysterick medicines* are to be administered in such manner and form, as are most agreeable to the patient ; though if they can be taken in a *solid* form, they will more effectually keep the spirits in their function and place, than in a *liquid* one, *viz.* in decoction, or infusion ; for the substance itself affects the stomach longer with its taste, and communicates its virtue more intimately to the body.

The process described.

103. Upon the whole, in order to answer all the indications above enumerated, I usually direct the following few common and simple remedies with success. Let eight ounces of blood be taken from the right arm.

A fetid
plaister.

Take of galbanum, dissolved in tincture of castor, and strained, three drams ; tacamahac, two drams ; mix them together for a plaister to be applied to the navel. Next morning let the patient begin with the following pills :

Purging
pills.

Take of the great purging pills pil. cochiæ, two scruples ; castor powdered, two grains ; balsam

with chalybeates ; but fetid, odorifetous, or sedative anti-spasmodics, such as asa fœtida, musk, camphor, opium, &c. should not be generally administered, they should only be giyen in and during the continuance of the frequent repetitions of the hysterick paroxysms ; for were they made use of constantly, from the habit experiencing the effect of their power, they would lose their efficacy, and become useles, when more immediately wanted ; for we know even opium, by long custom in common doses, which were at first sufficiently strong, is rendered ineffectual ; and besides they are only necessary, when the nervous energy is exerted violently or irregularly, in order to quiet the motions produced in the system by these means ; allay too great vascular irritability, and give equability to nervous action. *W.*

of

of Peru, four drops; make them into four pills, to be taken at five in the morning, sleeping after them. Let them be repeated two or three times, either every morning or every other morning, according to their operation, or the strength of the patient.

Take of the distilled water of black cherries, *rue* An hysterick and *briony*, each three ounces; *castor*, tied up in *julap*. a piece of linen, and suspended in the vial, half a dram; fine sugar, enough to sweeten the whole; mix them for a *julap*, of which let four or five spoonfuls be taken when the patient is faint, or low spirited, dropping into the first dose, if the fit be violent, twenty drops of spirit of *hartshorn*.

104. After having taken the purging pills, as above directed, let the patient proceed to the following remedies:

Take of the filings of iron, eight grains; extract Opening of wormwood, enough to make it into two pills. pills; to be taken early in the morning, and at five in the afternoon, for the space of thirty days, drinking after each dose a draught of wormwood wine.

Or, for daily use,

Take of the filings of iron, and extract of wormwood, each four ounces; mix them together; let sixteen grains, or a scruple of this mass, be made into three pills, and taken at the times above mentioned.

Or, if a bolus be more agreeable,

Take of the conserve of Roman wormwood, and *orange peel*, each an ounce; *candied angelica* An opening electuary to be divided and into bolusses.

and nutmeg, and Venice treacle, each half an ounce; candied ginger, two drams; syrup of orange peel, enough to make the whole into an electuary.—Take of this electuary a dram and a half; the filings of iron, finely pulverized, eight grains; syrup of orange peel enough to make them into a bolus, to be taken every morning, and at five in the afternoon, with a draught of wormwood wine after it.

Fetid hysteric pill.

Take of the finest myrrh and galbanum, each a dram and half; castor, fifteen grains; balsam of Peru, enough to make them into a mass; of every dram of which let twelve pills be formed; three whereof must be taken every night during the process, with three or four spoonfuls of compound briony water after them.

But if these pills should loosen the belly, as they sometimes do, in such as are easily purged, on account of the gums they contain, let the following be substituted in their stead :

Volatile hysteric pills.

Take of castor, a dram; volatile salt of amber, half a dram; extract of rue, enough to make them into twenty four pills; three of which are to be taken every night.

A disturbance caused by chalybeates, how to be remedied.

105. But it must be noted here, that chalybeates, in whatever form or dose they are exhibited, do sometimes occasion great disorders in the sex,* both of body and mind, not only in the beginning, which happens to most persons who take them, but during the whole time of

* *In the sex.* The word female sex is here omitted in the translation; the word in the Latin edition is *fæminis*, therefore the word female should be added. *W.*

their

their continuance. Now in this case, the course is not immediately to be interrupted, but that the patient may bear them the better, a proper dose of *laudanum* must be given every night, for some time, in any *hysterical water*.

106. But when the disease is gentle, and ^{How to pro-} does not seem to require the use of steel, I judge ^{ceed when} steel is not required. it sufficient to bleed once, and purge three or four times, and then to exhibit the alterative hysterical pills, above described, every morning and night for ten days. This method seldom fails of curing when the distemper is not severe; and the pills alone often do great service, without bleeding or purging.

107. It is however carefully to be noted, that ^{Hysteric} ^{medicines} ^{do not suit} some women, by reason of a certain peculiarity ^{all constitutions.} of constitution, have so great an aversion to hysterical medicines, which are so generally serviceable in this disease, that, instead of being relieved, they are much injured thereby. In such, therefore, they are to be wholly omitted: for, as *Hippocrates* observes, it is fruitless to oppose the tendency of nature; and in reality *this idiosyncrasy*, or antipathy, *is so remarkable and so common*,* that unless regard be had to it, the life of the patient may be endangered, and this not only from the hysterical medicines, but from several others; in confirmation whereof I

* *This idiosyncrasy is so remarkable and so common, &c.* Dr. Swan says, 'The idiosyncrasy which Sydenham speaks of here is seldom very manifest, much less common; and I never met with an instance where the life of the patient was endangered by not attending to it. However, great inconveniences must and do arise from not paying a proper attention to this particular, and the disease from hence becomes dangerous, which was not so before. W.

will at present produce only a single instance; thus, some women in the *small pox* cannot bear *diacodium*, because it occasions giddiness, vomiting, and other hysterical symptoms, whilst *liquid laudanum* agrees with them very well. I experienced this, whilst I was writing this epistle, in a young lady in the *small pox*, to whom I had given *diacodium* on the sixth and seventh night, and she was seized on both nights with the above-mentioned symptoms, and the inflammation of the pustules did not go on regularly; but afterwards, upon using *laudanum* she was freed from these symptoms, and the swelling of the face increased, the pustules filled every day, and the restlessness and anxiety which made a kind of fit of the *small pox*, were wholly removed every time this opiate was exhibited; the patient being strengthened and revived thereby. This by way of digression.

If steel fails 108. And in this manner hysterical diseases, of curing, and most kinds of obstructions, but especially the chaly- beate waters the green sickness, and all suppression of the *menses*, are generally cured. But if the blood be so weak, and the irregular motion of the spirits so considerable, that the disorder will not yield to a course of chalybeates, as above directed, the patient must drink some steel-water, such as that of Tunbridge, or some others lately discovered.* For the chalybeate virtue of these waters is more intimately communicated to the blood on account of the large quantity that is drank, and also of their agreeableness to nature, and proves

* Or some others lately discovered. Pyrmont, Spa, Hampstead, Islington, Tunbridge, &c.; but Pyrmont and Tunbridge are the best. W.

more

more effectual in curing diseases than the choicest preparations of iron, however magnified by chemists.

109. *But this caution must particularly be observed* in drinking them; *viz.* that if any disorder happens

^{to be observed in drinking them.}

* *But this caution must be particularly observed, &c.* Preparatory to drinking mineral waters properly, such persons as are full of blood, *and such only*, should bleed a few days before they begin with them, by which means they will the more readily enter the vessels, and produce their proper action on the system and fluids in general; and next let them take a gentle purge. All the stronger purgatives must be forborn, especially the resinous kind, and all such as are made of scammony, coloquintida, hellebore, and the like.

If there be indications for giving a vomit, a gentle one may be administered with great advantage; the best seasons for drinking them are the months of *June, July, and August*; but if need be, they may be successfully drank in *May*, or even in *September*, especially if the weather be warm; and in some cases they may be used in autumn or winter.

The properest time of day to begin to drink them is about seven in the morning, or if the weather favours, at six; that by this means their operation may be commodiously finished before dinner. I cannot approve of the custom of hastening to the spring at four or five, because the air is then mostly too cold and cloudy, and checks perspiration, and so easily occasions coughs and other diseases of the head and breast, and likewise because this hinders their getting sleep enough, and disturbs them too early.

The best manner of drinking the *waters* is to begin with a small quantity, increasing it gradually to the proper dose, and observing to diminish the quantity in the same proportion a little before finishing the course.

In the *last place*, we shall say a word or two of the proper diet and *regimen* to be observed in drinking the *waters*; for as no remedy without a proper regimen can have its proper effect, so a course of *mineral waters* requires an exact care in this particular. There are two *errors* generally run into by the drinkers, *viz.* indulging themselves either too much or too little. Some physicians are so scrupulous as to forbid their patients the use of all acid, saline, and spicy meats,

happens which may be referred to hysterick symptoms, they are to be omitted for a day or two, till that symptom goes off, which would otherwise hinder the water from passing off freely. For though these waters are not so apt to move the humours, and cause a disorder of the spirits, as the gentle officinal cathartics, yet they in some measure move the humours, inasmuch as they are diuretic, and, besides, they frequently purge. But if the waters themselves obstruct their own passage, by disturbing the humours, and spirits, it must needs be highly improper to order cathartics to be taken once or twice a week during a course of them ; and still more absurd to mix purgatives therewith ; which occasion both these and other mineral waters to pass more slowly and difficultly.

Their nature explained. 110. I must here acquaint you, that though some are of opinion, that those waters contain a solution of the *principles*, or *elements of iron*, which is the same thing as supposing *liquid iron* ; yet I

meats, though perhaps these alone are pleasing and agreeable to them ; but the point of exactness is here, for every one not greatly to recede from his usual custom, otherwise the appetite may be hurt, digestion not well performed, and crudities and new disorders generated. Others who have a principal regard to the stomach, only advise the use of spirituous and aromatic things, which is a great hindrance to the busines of excretion ; for common experience testifies that such things bind up the belly. Above all, voracity and turbulent disorders of the affections should be prevented, as great enemies to digestion ; whence the body is loaded with an useleſs weight, and the waters rendered ineffectual for subduing and discharging the crudities of the body. The stomach also will be weakened and relaxed by this procedure, and the waters now plentifully drank, remain longer therein, and thus give rise to many inconveniences. *Heister Compend. Med.* pag. 460 ; and *Dr. Shaw's translation of Hoffman on mineral Waters*, pag. 133.

doubt

doubt not that they are only simple elements; impregnated with the *ore* or *mineral* which they lick up in their passage through the *mine*. And this may be made manifest,* by pouring some gallons of water

* *And this may be made manifest, &c.* It is certain, says *Hoffman*, and abundantly confirmed by *chemical experiments*, that no *metals* are soluble, or can possibly enter the composition of *water*, unless the metal be first dissolved, or turned to a *salt* or *vitriol*. Of all the *metals* there is none that dissolves so readily in all kinds of acids as *iron*. And thus pure *water* itself, on account of the *aetherial principle* and the *universal salt* it lodges, will soon prey upon and dissolve this *metal*. So that if a piece of *red hot iron* be quenched in common *water*, it communicates some particles of itself thereto, as appears by the strengthening, binding, rough, and *styptic* taste of the *water* thus heated. And as it is a familiar observation, that the moisture of the *air*, *rain*, &c. corrodes *iron*, turns it into *rust*, and impregnates itself therewith, there is no question but that all *springs*, which wash the *beds of iron ore*, or take their course through *red-clay grounds*, lick up in their passage particles of an *irony* nature, and come impregnated with them to the *spring head*; and accordingly the waters of such *springs*, all over Europe, are called by the name of *chalybeate*, *steel*, or *irony* *waters*.

The external signs of these *chalybeate waters* are derivable from the astringent *styptic* taste, which they in some degree impress upon the tongue; and the yellow kind of *oker* wherewith the canals or conduits they pass through are lined; as also the basons and reservoirs that contain them; and the parts about the *spring head*, where they overflow, or are spilt. For if this kind of *oker*, or *rubiginous matter*, be collected, washed, and dried, and thoroughly roasted over a strong fire; it not only appears of an *irony nature*, by readily answering to the *load stone*; but affords a no less certain chemical mark of its being *iron*, by subliming with *sal ammoniac*, into flowers, that afford a most bright and perfect *tincture of iron*. Other concurring marks of their *chalybeate* *nature* are likewise afforded by the *purple colour* or *inky blackness* they make with powdered *galls*, the yellow colour wherewith they stain an egg put into the *spring*, and the *iron mould* they cause on *linen*; or by making a *tincture of Prussian blue*, by digesting it in *volatile alkaline spirits*,

water upon a sufficient quantity of rusty nails; letting them stand some time together in infusion; and afterwards adding to a small quantity thereof, a little powder of galls, a few leaves of green tea, or something of the like

which will produce a blue colour on mixing it with water in which iron is a part, or the whole of the mineral contents; these are all certain *characteristics* of a fine *irony rust*, or the real and material existence of *iron* in the *waters*. — The conclusion upon the whole is, that these kind of *waters* really contain somewhat of an *irony nature*, which being joined with a sulphureous spirit, resembles *common vitriol* only in the taste and the colour it gives, without any farther approaching to the nature thereof. See this Author's new *Experiments on mineral Waters*, translated by Dr. Shaw, pag. 44, 47, 48, 49, and 106.

That *mineral waters* are imitable by art is a fact too well established to be contested; however it may not be amiss to observe that our author is rather too hasty in advancing, that an infusion of *rusty iron* in *common water* will be tinged in the same manner as the *chalybeate waters* are, by adding thereto a small quantity of *galls* in powder, or something of a like kind; as will evidently appear upon repeating the experiment with both with proper caution and exactness: the *artificial* mineral waters not striking so deep a colour as the natural ones do, and differing likewise considerably in some other known properties, as levity, purity, subtilty, spirituousness, &c. Hence the former should seem *a priori* to differ greatly from the latter, and consequently cannot produce the same effects in drinking. And in reality it seems not likely that *art* should of a sudden prepare a medicine of this kind, equal in excellence and subtilty, to such another, which *nature* perhaps, in bringing it to the perfection wherein it is exhibited to us, is employed in a great length of time.

However in order to render this *artificial* solution of iron as efficacious as possible, it must be impregnated with *fixed air*, in the manner directed for the impregnation of liquids with that salutary fluid, by Dr. Priestly; for it is owing to this ingredient that many of the waters derive their power, as much as from any other materials with which they are loaded, particularly in cafes where ventricular defects are to be remedied. *W.*

kind;

kind; for thus it will be tinged in the same manner, as mineral waters are by such mixture. Moreover, these natural, or artificial waters (which name soever you give them) being drank in the summer time, and in a healthful air, are productive of the same effects.

111. But however this be, if the disorder proves so inveterate, as not to yield to the steel waters; *the patient must be sent to drink some hot sulphureous water's,* as those of Bath; and* If the chalybeate waters fail, the sulphureous kind is to be tried. *after*

* *The patient must be sent to drink some hot, &c.* With respect to the drinking mineral waters, great regard must be had to particular circumstances, which are to direct us in the choice of a proper water, and the management of the patients during the course. It is impossible to lay down such general rules relating thereto as will not be liable to various exceptions; so that in these cases much must be left to the judgement of the physician, who ought to be endowed with no little discernment, to make a suitable application.

Steel waters, as *Hoffman* observes, are possessed of an aperitive and strengthening property, so as to be advantageously used as well internally as externally. Thus when drank they loosen the belly, but strengthen the body and stomach, provoke the appetite, and may therefore be very safely and serviceably used in such distempers as give way to any preparations of iron. Their external use in the way of bath is very considerable, for strengthening and cherishing benumbed and motionless limbs; curing pains, contractions, or relaxations; and for drying and healing up old ulcers. And though used for this purpose, in the way of bath, made but gently warm; yet they heat the body, open the pores of the skin, and provoke sweat; especially if the patient goes directly from the bath to bed.—See *New Experiments on Mineral Waters*, pag. 85.

Some fearful and apprehensive people have been dissuaded, by interested persons, from the use of the Bath waters in *lowness, oppression and vapours*; and some unexperienced people have even imagined they have had more vapours than ordinary under the use of them. But these may as well affirm, that *opium* purges, and *jalap* binds. For if

after having drank them for three mornings successively, she must bathe in them the fourth, and the following day drink them again; and continue this course of drinking and bathing alternately for two months. For in the use of these and all kinds of mineral waters, it is to be carefully noted, that the course must be continued, not only till the patient finds some relief, but till she perfectly recovers, so as to be in no danger of a sudden relapse.

VENICE
treacle ex-
cellent in
this and ma-
ny other
diseases.

112. VENICE *treacle* alone, provided it be frequently used, and continued for a sufficient time, is an excellent remedy in this disease, and likewise in many others proceeding from a want of heat and digestion: it is perhaps the most effectual medicine hitherto known, how much soever it is contemned by most persons, because it is common and of ancient date.

Bitters very
good in some
constitu-
tions.

113. If the patient be not of a slender and biliary habit of body, an infusion of *gentian*, *angelica*, *wormwood*, *centaury*, *orange peel*, and other strengthening simples in *canary*, does great service, a few spoonfuls of it being taken thrice a day. I have advised some hysterick women to

they mend the faults and weaknesses of the stomach and bowels (as all the world acknowledges they do; and must do by their nature and composition) they must then infallibly be most beneficial in these disorders, as from my own, and the experience of many thousand others, can be testified, who will affirm them to be the most certain relief of any in such cases. And indeed, as by their *sulphur* thus dissolved in hot water, they are the most cleansing and diluting of all medicines, so their steel (as I have already said) is the most effectual for bracing the solids: and with such a composition it would be pretty strange they should not (if any means could be successful in such cases.)—Cheyne's *English Malady*, pag. 147.

drink

drink a large draught of *canary* by itself at bed time, for some nights running, and they have been eminently relieved ; the whole body having been much strengthened, and such as were before cachectic, becoming fresh coloured and brisk thereby.

114. Moreover, the cortex is sometimes found to strengthen the blood* and spirits in a wonderful manner ; and I have known several hysterick women of the blood and spirits.

* Moreover the cortex is sometimes found to strengthen, &c. Where the tone of the solids are considerably debilitated, perhaps the *Materia Medica* affords us not a medicine equal in efficacy to the *Peruvian bark*, in removing that complaint ; as it is a general invigorator, and strengthener of the system ; but in cases where the stomach seems particularly affected, it may be advantageously used in conjunction with the cortex eleutheriæ, radix columbo, and extract or powder of camomile, or with some of the preparations of steel. But with regard to our election in chalybeate preparations, we should always have an eye to the constitution, for though they act all in the same manner, they are not equally proper in every habit. Where there are acidities in the primæ viæ, steel given in substance, in form of a fine powder, proves more serviceable than the most elaborate preparation ; and this is the reason why the preference is given to this metal in its simple rather than its compound state in hysterick cases, for in these there is generally a superabundant acid prevalent in the first passages ; but where no such acidity prevails, this metal requires to be united with some saline menstrua ; hence dissolved in acid liquors it becomes more efficacious : but if the juices of the stomach partake of an alkalescent nature, these solutions are useless, because they are decompounded, and the iron, disunited from its acid which joins with the alkaline matters, drops from its former menstrua, and becomes an inert calx.

And also it should be observed that preparations of this metal differ in their power according to the acid with which they are united ; if with vegetable acid, the composition becomes detergent, and aperient ; if with vitriolic, it acts as an aperient and intestinal evacuant ; if with the nitrous, or muriatic, it becomes extremely astringent, but exerting greater styptic powers united with the latter. W.

men and hypochondriac men recovered, who were reduced to great weakness through the long continuance of their respective diseases, by taking a scruple of it every morning and night for some weeks. But this remedy proves most effectual in that species of hysterick disorders, which is accompanied with violent convulsions, and wherein the patients beat their breasts: it must however be owned that this medicine does not so certainly and frequently cure this distemper, as intermittents. But to mention this by the way, though the bark is so effectual in curing intermittents, and we use it freely ourselves, and administer it to our wives and children whenever there is occasion; yet there are those who dislike it as much now, because it cures with such expedition and certainty, as they did formerly, because it was but just discovered. And to this fate the best men, as well as the best remedies, have generally been exposed; but by this we try our dispositions as by a touchstone, and hence discover whether we are good or bad men; namely, from the degree of joy or grief we feel, whenever the good of mankind is promoted by any common benefit, and the favour of Providence.

Advantage
of a milk
diet in thin
and bilious
habits.

115. But when any of the remedies above directed do not agree with the patient, as it frequently happens in thin and bilious habits, recourse may then be had to a milk diet.* For some

* Recourse must be had to a milk diet, &c. For valetudinarians, and those of weak digestive powers, there is no diet adequate to that of milk where it agrees with the constitution, as it partakes of a middle nature between that of the vegetable and animal kingdom, is easily digestible, ^{mild,}

Some women (which may seem strange at first view) have been cured of long and obstinate hysterick

mild, bland, and highly nutritious, being in its nature nearly assimilated to that of the animal juices; *woman's milk* is esteemed the best, afterwards in succession follow that of *asses*, *mares*, *goats*, *sheep*, and *cows*. Dr. CULLEN arranges them differently, viz. *WOMAN'S*, the first; 2d. *Ass's*; 3d. *MARE's*; 4th. *COW's*; 5th. *SHEEP*; 6th. *GOAT's*: with regard to which he says,

“ The three first agree very much in their qualities, “ being very dilute, having little solid contents, and when “ evaporated to dryness, having these very soluble, con- “ taining much saccharine matter of a very ready ace- “ cency, and when coagulated, their coagulum being ten- “ der, and easily broken down; hence have they less oil, “ and less coagulated matter than the rest,

“ The three last agree, in opposite qualities, to the “ three first mentioned, but here there is somewhat more “ of gradation; *cow's milk* comes nearest the former “ milks; *goat's* is less fluid, less sweet, less flatulent, has “ the largest proportion of insoluble parts after coagula- “ tion, and indeed the largest proportion of the coagulable “ part; its oily and coagulable parts are not spontaneously “ separable, never throwing out cream, or allowing butter “ to be readily extracted from it; hence the virtues of “ these milks are obvious, being more nourishing, though “ at the same time, less easily soluble in weak stomachs, “ than the three first, less acercent than these, and so more “ rarely laxative, and peculiarly fitted for the diet of con- “ valescents without fever. The three first, again, are “ less nourishing, more soluble, more laxative as more “ acercent, and adapted to the convalescents with fever.”

—*Materia Medica.*

When milk is cold, it loses much of its excellent qualities, which by boiling are more generally destroyed; it should therefore be taken immediately warm from the animal. If in people extremely debilitated it is directed for the purpose of nutrition, it should be sucked from the breast of a sober, middle-aged woman, of a good constitution, habituated to moderate exercise, who has good digestive powers, and about four or five hours after she has taken her usual food; but if in patients whose weakness is not so great as to require a female breast, four or five

hysteric disorders, which had baffled all the endeavours of the physicians, by living on milk only for some time, and especially of an *hysteric cholic*, which can only be relieved by *opiates*, and therefore women are accustomed to repeat them at intervals, the pain returning as soon as the effect of the anodyne ceases. But what is most surprising in this method of cure is, that *milk*, which yields only a crude and cold nourishment, should nevertheless, by use, strengthen the spirits; and yet this will not seem at all repugnant to reason, if it be considered that *milk* affording only a simple aliment, does not give nature so much trouble in digesting it, as food and liquors of a more heterogeneous kind do, and that an equal mixture of the blood and spirits necessarily follows this perfect digestion. For it must likewise be observed, that it is not the bare weakness of the spirits considered separately, but their debility compared with the state of the blood, that may be the cause of those constitutional disturbances they suffer; for a child may have sufficiently strong and firm spirits with respect to its blood, which notwithstanding may not be proportionable to the blood of a grown person.

pints should be taken every day warm from the animal, if possible; and this will suffice for the proper support of those who are in a state of convalescence, and lead sedentary, or studious lives.

Should it appear to disagree, by adding a tea-spoon full of spirits of hartshorn to a pint; drinking a draught of clear, fresh-made lime water; taking half a dram of bark night and morning, or a few grains of rhubarb at night; will generally make it fit easy on the stomach, and promote its digestion.

Where milk alone has disagreed I have known artificial *as's milk* extremely serviceable. *W.*

Now

Now as the continued use of *milk* (though it be a crude and slender aliment) renders the blood more soft and balsamic; if the spirits thence generated be but adequate thereto, the cure goes on well. But notwithstanding the advantages that might accrue from such a diet, there are some who cannot support the inconveniences that generally accompany it in the beginning; because it is apt to curdle in the stomach, and does not afford sufficient nourishment to keep up the ordinary strength of body.

116. But the best thing I have hitherto found for strengthening and cheering the spirits is *riding on horseback some hours* * almost every day. Riding, the best strengthener of the spirits.
For, as this kind of exercise most affects the lower belly, which is the seat of the excretory vessels, appointed by nature to carry off all the excrementitious parts of the blood, there can hardly be any disorder of the functions, or natural weakness of the organs, so considerable as not to be relieved, by the often repeated agitation of the body, the same day in the open air. Neither can any person have the innate heat so extinguished, as not to be roused afresh by this exercise. Nor can there be any preternatural substance, or vitiated juice so intimately lodged in any cavity of these parts, which cannot, by the use thereof, either be reduced to such a state as is agreeable to nature, or dissipated and expelled. And by this constant motion, the blood, being continually agitated and mixed, is purified and strengthened likewise. And in reality, though this exercise does

* *Riding on horseback some hours, &c.* See our *Note* *,
pag. 280, on this subject.

not agree so well with women who lead an easy and sedentary life, as they may be injured by motion, especially in the beginning, it is nevertheless very proper for men, and soonest recovers their health.

Exemplified
in a case.

117. To produce an instance of its efficacy: a reverend and learned prelate having applied himself too intensely to his studies for a long time, was at length seized with an hypochondriac disorder, which, by its long standing, depraved all the ferments of the body, and destroyed the digestions. He had gone through some courses of chalybeates, and tried most mineral waters, with repeated purgation, all kinds of antiscorbutic medicines, and abundance of testaceous powders, which bid fair for sweetening the blood. Being thus in a manner worn out, partly by the disease, and partly by the continued use of remedies for so many years, he was at length attacked with a *colliquative looseness*, which is the usual forerunner of death in *consumptions* and other chronic diseases, when all the digestive faculties are totally destroyed. At length he consulted me, and I immediately judged that it would be in vain to order any more medicines, as he had taken so many ineffectually: and therefore advised *riding on horseback*; directing him only to take such short journeys at first, as might best suit his weak condition. Had he not been a judicious and considerate person, he could not have been persuaded to try this kind of exercise. I entreated him to continue it every day till he found himself perfectly recovered, and to lengthen his journeys by degrees to a moderate day's journey, and not to mind either meat or drink, or the

the weather, but to take up with such accommodations as are to be met with upon the road, like a traveller. In short, he continued this method, till at length he rode twenty or thirty miles a day, and finding himself much mended in a few days, he was encouraged by this wonderful success to continue this course for several months, in which space of time he told me he had rode many thousand miles; so that at length he was not only freed from his disorder, but became strong and brisk.

118. Farther, *this kind of exercise is not more beneficial to* hypochondriac* than to consumptive subjects, of which distemper several of my relations have been cured by riding long journeys by my advice. For I was well assured that no other method or medicines were more effectual. Nor is riding on horseback only proper in slight indispositions, accompanied with a frequent cough and wasting, but even in confirmed consumptions, wherein the *looseness* is succeeded by *night sweats*, which are the general forerunners of death, in those who

Excellent in
consump-
tions.

* *This kind of exercise is not more beneficial, &c.* Riding on horseback, as the learned Hoffman observes, is much extolled in a *consumption* and *hectic* by the most eminent physicians, both ancient and modern; and nevertheless, in the beginning of the distemper, and in young persons of a plethoric habit, it proves detrimental by occasioning frequent returns of the *spitting of blood*; nor is it at all serviceable, where the lungs are adjudged to be considerably tainted and imposthumated, inasmuch as too much motion of the body, either by *riding on horseback* or in a *coach*, is very apt to bring on a fatal inflammation of this part. But in an *hypochondriac consumption*, or *atrophy*, the case is extremely different, for here moderate exercise, repeated with frequency, is highly proper. See Hoffman. *Opera*, tom. iii. pag. 294.

perish

perish by this disease. In fine, how desperate soever a *consumption* may, or is esteemed to be (two thirds of such as die of chronic diseases being destroyed thereby) yet I solemnly affirm that riding is as effectual a remedy in this disorder, as *mercury* is in the *lues venerea*, or the *bark* in *intermittents*; provided the patient be careful to have his sheets well aired, and take sufficient long journeys. But it must be observed, that such as are past the prime of life, must continue the use of riding much longer than such as are not yet arrived at that age; which I have learnt from much experience, that scarce ever failed me; and though *riding on horseback* does most service in consumptive cases, yet *riding in a coach* does sometimes produce surprising effects.

What is to
be done in
the fit.

119. But to resume our subject. This is the general method of curing this disorder, which removes the original cause, consisting in the weak texture of the blood, and is only to be used therefore when the fit is off: but when the fit comes on, accompanied with any one of the above-mentioned symptoms, and the disorder is so violent as not to admit of a respite till it can be cured by strengthening the blood and spirits, we must have immediate recourse to hysterick medicines, which by their strong fetid smell compel the disordered spirits to return to their deserted stations, being either taken inwardly, held to the nose, or outwardly applied: such are *asa fœtida*, *galbanum*, *castor*, *spirit of sal-ammoniac*, and all such medicines as have a very offensive smell.

Fetid medi-
cines pro-
per here.

120. And in effect, whatever has a disagreeable odour, whether it be naturally fetid or rendered

rendered so by art, admirably answers this intention; and probably *spirit of hartshorn*, of *human blood*, of *urine*, of *bones*, and the like, owe their principal virtues to a fetid *empyreuma* which they contract in distillation, and is intimately united with them. And this is also manifest in the fumes exhaling from burnt leather, feathers, and similar parts of animals. For all the parts of animals have this property in common, that they emit a fetid vapour or fume whilst they are burning, which being condensed by distillation, is converted into those kinds of liquors, entitled *volatile spirits*, which obtain such properties as did not originally exist in the subjects; as being only creatures of fire: and their virtues are manifestly the same from* whatever animal substance they be gained.

* *And their virtues are manifestly the same, &c.* This is now generally allowed; the College in their new *Pharmacopæia* of 1788, after the process for making the *liquor sal* and *oleum cornu cervi*, say that the same products may be acquired from all the parts of any animal, except the fat: " *Idem liquor volatilis, sal, & oleum elici possunt e partibus quibusvis quorumcunque animalium, adipe excepta.*" — *Ph. Lond. nov. pag. 43.* And these all will have similar virtues, but in different degrees with regard to their stimulant and antispasmodic power, dependent upon the strength of the volatile part, and impregnation with the empyreumatic oil; to have which always equal in the shop preparations is of more consequence than the materials from whence they are derived; and which is not the case at present, as they are drawn chiefly from bones by the trading chemists: An anonymous writer however, seeing this defect, has, not injudiciously, attempted to remedy it, by directing two pounds of what was called *spiritus salis ammoniaci dulcis*, now **SPIRITUS AMMONIÆ**, to be mixed with one dram of *oleum animale*; and "these," says he, "will afford a composition always of the same strength, which may be improved by rectifying them together." *Observations on the Specimen alterum Pharmacopæia Lond. 1788.*

Laudanum
sometimes
necessary.

121. It is next to be observed; that when the fit is attended with a very violent pain of any particular part, excessive vomiting, or a looseness, besides the *hysterick remedies* above mentioned, we must exhibit *laudanum*, which is the only medicine that can quiet these symptoms, but unless the pains occasioned by vomiting be in a manner intolerable, we must be cautious of mitigating them by *laudanum*, or any other opiate, before proper evacuations have been made. (1.) Because sometimes there is so considerable a plenitude of blood and juices in the body (especially in sanguine and robust women) as to render the frequent repetition of the most powerful opiate ineffectual. In such therefore bleeding in the arm is indispensably necessary, and a purge must be administered; and these things being rightly performed, before proceeding to the use of *laudanum*, the opiate, which availed not in a large quantity, will answer the end in a moderate dose. (2.) Moreover I have learnt from much experience that whenever the patient has been accustomed by degrees to *laudanum*, and proper evacuations have not been previously made, she is compelled, by reason of the return of the pain, so soon as the virtue of the opiate vanishes, to repeat it every day for some years, gradually augmenting the dose, so that in time it becomes impossible to leave it off, notwithstanding all the digestive faculties are injured, and the natural function weakened thereby. Though I do not conceive that the use of *laudanum* does immediately hurt the brain, nerves, or animal faculties.

122. Therefore I judge it necessary from experience to make evacuations before exhibiting opiates

Bleeding
and purging
when to be
used before
exhibiting it.

opiates: for instance, in robust and plethoric women, bleeding must be performed, and a purge administered, especially if they have had a fit lately. But if weak women, and those of a contrary constitution, be seized with such a fit and pain, who have but lately been afflicted in the same manner, it will suffice to cleanse their stomachs with three or four quarts of posset drink, and after the operation, to prescribe a large dose of *Venice treacle* or *the electuary of ORVIETANUS*,* and a few spoonfuls of some grateful spirituous liquor, with a few drops of *liquid laudanum* to be taken immediately after it.

123. But if the patient has been long afflicted with a vomiting before the physician was called; so that there is reason to apprehend that a vomit might greatly disturb the spirits, and weaken her too much, *laudanum* must immediately be exhibited in such a dose, and repeated with such frequency, as the continuance and urgency of the symptom demands; so that it may be able to conquer it.

124. But here two cautions are to be particularly observed. (1.) When, after necessary evacuations, the use of *laudanum* is once begun, it must be taken in a sufficiently large dose, and so frequently repeated, that all the symptoms may be removed; only allowing such an interval between every dose, that the effect of the former may be known before another is exhibited. But we have treated largely of this matter in another place, p. 434, 435. (2.) When we endeavour to cure this distemper with *laudanum* must be immediately given.

* *The electuary of ORVIETANUS, &c.* A description of which may be found in Schroder, lib. 2. cap. 51. *W.*

danum, we must forbear all kinds of evacuations; for the gentlest glyster, of milk and sugar, is enough to destroy all the good effects of the opiate, and cause a return of the pain and vomiting.

Violent vomiting requires the largest dose and a frequent repetition of the opiates.

125. But though the pains above mentioned, as we have already intimated, eminently require opiates, yet a *violent vomiting* indicates much the largest dose of them, and their frequent repetition. For, in this case, the peristaltic motion of the stomach, being inverted, the medicine is thrown up by vomit before it can produce any effect; unless it be exhibited anew after every vomiting, and particularly in a solid form; or if it be given in a liquid one, the quantity of the vehicle must be so small, that it may barely moisten the stomach, so that it may be prevented by the smallness of the matter from throwing it up: for instance, a few drops of *laudanum* in a spoonful of *strong cinnamon water*, or the like. The patient likewise must be cautioned to compose herself immediately after taking the *laudanum*, and to keep her head as steady as may be; for nothing promotes vomiting so much as the least motion of the head; whence the medicine, which was newly taken in, is ejected. Moreover, when the vomiting is in a manner conquered, it is proper to repeat the anodyne morning and night for some days, in order to prevent a relapse: and this should be observed in *hysterical pains*, or a *looseness*, which have been cured by an opiate.

The pain and vomiting here often impose on physicians.

126. By this method the *symptomatic* pain and vomiting may be easily cured, which, because they often resemble other diseases, deceive that

the physician more than any other symptoms that require their assistance; concerning which I will subjoin a few remarks. For instance, in that kind of hysterical disorder just described, which resembles a *nephritic paroxysm*, and a genuine fit of this kind, is it not manifest that the symptoms differ very little? For the pain attacks the same part in both disorders, and is also attended with a vomiting, and notwithstanding they proceed from very different causes, and require such different treatment, that what relieves the one, injures the other, and *vice versa*. For where the stone, or the gravel, corrodes the kidneys, occasions pain, and a vomiting also by consent of parts, nothing does so much service as a copious and frequent revulsion of the antecedent cause by bleeding, and dilating and relaxing the vessels through which the stone is to pass, by the frequent repetition of *emollient glysters*, and internals of the same kind, along with *diuretics*, and *stone-dissolving medicines*.* But when these symptoms do not proceed from the stone, but from a too copious derivation of the animal spirits to the kidneys (in which case only opiates are indicated, and the gentlest glyster cannot be safely

Danger of
mistaking
the cause
thereof.

* *With diuretics, and stone-dissolving medicines; &c.* These are much better omitted during the painful state of the disease, which is often more or less attended with local inflammation; for most of them are stimulants; particularly saponaceous substances, and soap ley, and would tend to increase the disorder rather than alleviate it; besides the idea of lithontriptics having any solvent power acting upon the stone in the human machine; is, I fear, more chimerical than certain: and hence have we a strong reason, why they should not be administered in this state of the disease. *W.*

injected after the first evacuations) I need not observe that a different method of procedure must needs be extremely hazardous.

And also of
that disorder
which
resembles
the *bilious*
colic.

127. The same may be affirmed of that hysterical disorder which resembles the *bilious colic*, or the *iliac passion*; for when it is judged to be the bilious colic (though it is of a quite contrary nature, and occasioned by the separation of a sharp humour into the bowels through the mouths of the *mesenteric* arteries) which is a mistake, that a physician who is not sufficiently observant and considerate, may be easily led into, from the violent pain, and the green colour of the matter discharged upwards and downwards, the best method of cure consists in smoothing the acrimony of the humour by cooling and thickening medicines, and giving purgatives frequently, besides glysters every day, in order to free the bowels from them; especially *mercurius dulcis*, mixed with *scammony*, to carry off the morbific matter entirely. But if this disease, which is taken for the *bilious colic*, be in reality a *hysterical* or *hypochondriac* symptom, it is clear that this method must needs be wrong and very hazardous, since experience testifies, that after the first general evacuations which are intended to carry off the corrupt humours generated by the irregular motion of the spirits, whence the virtue of the opiate may be obstructed, nothing more needs to be done than to quiet the tumultuous spirits till the symptoms vanish; after which it is proper to administer chalybeates, or any other remedy, which may eradicate the disease, by strengthening and warming the blood. It is not my design to enumerate the many ill accidents which I have known

known happen to women, when this *hysterick colic* has been esteemed to proceed from *bile*; nevertheless, I scruple not to assert that the frequent repeated evacuations, which in effect are manifestly indicated in the *bilious colic*, instead of relieving, increase the pain and vomiting, by promoting the disturbance of the spirits, whence these symptoms originally proceed. But at length, the disease being prolonged for some months, terminates in convulsions, from a sudden translation of the *morbific cause* to the brain, which soon destroys the patient; and especially if an emetic be exhibited, after a long-continued repetition of other evacuations, on account of the green colour of the matter vomited up. In a word, I have learnt from observation, that particular caution must be had to guard against all errors in the diagnostics, by judging the common hysterick symptoms to proceed from other diseases which they frequently resemble.

128. And here I must inform you, that besides the imminent danger to which hysterick women are exposed by reason of the mistakes already enumerated, there is another, which is equally fatal to numbers thus afflicted, when this disease, though it is not naturally mortal, proves so from the bad symptoms which succeed it. To exemplify this, let us suppose that a woman of a slender and weakly constitution is happily delivered, and a few days after, the midwife, either through ignorance, or vanity, in order to shew how well she has performed her office, persuades her to rise and sit up a while; which being complied with, the patient is immediately seized with an hysterick disorder, and, as it increases, the *lochia* are first diminished,

L 2

A stoppage nished, and then entirely suppressed, and their of the lochia in child bed, unseasonable stoppage succeeded by a numerous whence: train of symptoms, which soon prove fatal unless great skill and diligence be used to prevent it. And sometimes a *delirium* proceeds from the same cause, which augmenting continually, occasions convulsions, and then death; or if the patient escapes, she loses her senses, and continues somewhat lunatic for the remainder of life. Sometimes a suppression of the *lochia* is followed with a fever, which either becomes of the same kind with, or proceeds from the then reigning epidemic; moreover the same hysterick disorders that first occasioned the suppression of the *lochia*, rage more violently now, thus, as it were, generating themselves afresh.

Mischief of
rising too
soon after
delivery.

129. I have long been of opinion, that scarce a tenth person of such as die in child bed, perish either for want of sufficient strength to bring forth the child, or from the pains accompanying a difficult birth, *but chiefly from rising too soon after delivery*,* hysterick paroxysms being

* *But chiefly from rising too soon after delivery, &c.* Great mischiefs have, there can be no doubt, been occasioned by this indiscretion, as well as some others, particularly women indulging their appetites in improper diet, and loading frequently their stomachs by taking too great quantities of such food as is allowed them; for the constitution is greatly weakened by the distress it has undergone from the severe pain and exertions during parturition, and hence rendered very liable to febrile affections: in order therefore to recover strength, and prevent any fever taking place, it is necessary for the patient to be kept in a state of quietude and ease, and a gentle diaphoresis supported for some time, till the milk has come freely into the breasts, and the parts which have been stretched and distended during gestation have recovered their usual tone and firmness: all which must

being hereby occasioned, which, when the lochia are stopped, cause a numerous train of fatal symptoms. Upon this account, those that follow my advice, keep in bed at least till the tenth day, in case they are of a weak constitution; and especially if they have formerly been subject to vapours. For the rest they have in bed not only preserves them from the symptoms so often enumerated, but the continued warmth thereof revives the spirits, which are debilitated and exhausted by the labour pains, and the ordinary evacuations happening in this case, and likewise strengthens nature, and carries off those crudities that were collected during the time of pregnancy.

130. But if any one of the symptoms above enumerated happens from such an error, the curative indications are to endeavour (1.) to compose the spirits disturbed by this motion, and (2.) to remove the suppression of the lochia;* this being

must be promoted by laying in bed, liquid bland diet, and rest: and these should be persisted in at least for nine or ten days, or longer if circumstances require it. Rising too early not only contributes to obstruct the lochial discharge, but endangers the bringing on of the puerperal fever, hindering laeternal secretion, and occasioning the protrusio uteri, or bearing down. Indeed this document cannot be too much enforced, nor too strictly pursued. *W.*

* *And to remove the suppression of the lochia, &c.* There are a variety of causes which occasion an obstruction of the lochia, to each of which we should particularly attend, and let the reigning one regulate our conduct. If this effect should be produced by cold, we must have recourse to anodynes and gentle diaphoretics; if spasmodic affections, the same internal remedies are necessary, in conjunction with other antispasmodics, a laxative cooling glyster, and, if necessary, bleeding. If inflammation should be the cause, we must proceed in the same manner, as in local inflammatory diseases,

being the immediate cause of these symptoms. This method, however, must not be obstinately pursued ; but having continued the use of those remedies for some time, which ordinarily succeed in this case, and they failing, we are to leave them off ; for, as forcing medicines are not to be administered here, so neither ought we to persist in exhibiting those of a milder kind, because of the extreme weakness and lowness of spirits, which child-bed women, who are thus affected, labour under. To illustrate this by an instance : as soon as the *lochia* are suppressed, it is proper to put the woman to bed, and apply an hysterick

diseases, taking care to avoid a diarrhœa, for this is, in cases of this particular nature, very often fatal. Fomentations are here recommended, but those of the dry sort are best, such as bladders filled with hot bran and water, and laid over the part afflicted, or bags of heated salt, &c. Should it arise from *uneasy mental sensations*, those we must endeavour to mitigate by every possible means which reason can offer ; and support the patient by warm, softening, nutritious diet, gentle cordials, and mild antispasmodics ; giving, at the same time, such medicines, which are considered as uterines ; amongst the class of which, the *pulvis è myrrhâ compositus*, *asa foetida*, volatile salts, camphor, and musk, are the most efficacious.

But we must here observe, that where the *lochia* are only diminished, diaphoretics and stimulants may be exhibited ; but in suppressions, should a fever be the concomitant, as is frequently the case, uterine stimulants, or such as are termed forcing, should be omitted ; and should a purging come on, though we have said above it often proves fatal, and have given a caution against producing it, still, if by the spontaneous accession of such an effect, the strength of the constitution is not injured, it may be left to nature, for she often supplies the defect of one evacuation, by producing another : yet, on the contrary, if it is attended with evident marks of debility succeeding, astringents are not to be depended upon as here they are of little or no service ; our great dependence must be on opiates given internally, and thrown into the bowels by glysters. *W.*

plaster

plaster to the navel, and prescribe the following electuary, to be exhibited as soon as it can be made up :

Take of conserve of Roman wormwood and of ^{An opening} rue, each an ounce ; troches of myrrh, two ^{electuary.} drams ; castor, saffron, volatile sal ammoniac, and asa fœtida, each half a dram ; syrup of the five opening roots, a sufficient quantity to make them into an electuary ; of which let the quantity of a large nutmeg be taken every three hours, drinking after it four spoonfuls of the following julap :

Take of the distilled water of rue, and compound ^{A cordial} briony water, each three ounces ; fine sugar, ^{julap.} enough to sweeten it ; mix them for julap.

If these medicines be given as soon as the suppression of the *lochia* appears, they generally effect a cure ; but if the disorder continues after the whole quantity here directed is taken, we must exhibit at least a single dose of *laudanum* ; which, though it be naturally astringent, yet, by allaying the hurry of the spirits, whereby the usual flowing of the *lochia* is checked, it does great service, and may sometimes remove the suppression when emmenagogues avail not : but opiates are most commodiously exhibited along with hysterics and emmenagogues : e. gr. fourteen drops of liquid *laudanum* in compound *briony water* ; or a grain and half of *solid laudanum*, and half a scruple of *asa fœtida* made into two pills.

131. It must, however, be carefully observed, ^{Not to be} that in case the *lochia* do not flow afresh by giving a single dose, the *opium* is by no means to be repeated, as is usual and requisite in other

cases, because a repetition of it here would suppress them so powerfully, that they could not afterwards be forced. If therefore after having waited some time, to be assured of its effects, we find it fail, we must return to *emmenagogues*, joined with *hysterics*, and then inject a glyster of *milk and sugar*. And what has been inculcated above concerning *opium* is equally applicable to glysters; for if the first does not bring down the *lochia*, nothing is to be expected from more; one being sufficient to answer this end, by inviting the humours gently downwards, whilst more may divert them another way.

But best to
wait, and see
what effect
time will
produce.

132. This method having been used, with the caution above directed, it is safest, and incumbent on a prudent physician, to wait and see what effect time will produce; for the danger lessens every day, and if the patient outlives the twentieth day, she is in a manner out of danger. For when the woman has had a little respite, and recovered some degree of strength, she will be able to bear the properest method of removing that disorder, whatever it be, which proceeded from the suppression of the *lochia*; whereas contrariwise, by continuing to give a multitude of remedies, when the first proves ineffectual, the disease, and the hurry of the spirits occasioning it, may be increased; which deserves particular attention.

Illustrated
by a case.

133. I was sent for not long since by a lady, who, from the cause just specified, was seized immediately after delivery with hysterical paroxysms and stoppage of the *lochia*. I endeavoured to force them by the remedies above enumerated, but succeeded not, the hysterical disorder being so violent, as not to yield to medicine.

dicine. Having therefore at length foreseen that she would recover if I did nothing at all, I judged that the cure might be left to time, the best physician. And my advice succeeded well till the *fourteenth* day ; for visiting her every day, I never found her one day worse than she was the day before. But after this, her attendants, whom I had hitherto prevented from injuring her, under the appearance of assisting her, prevailed with her husband to have her immediately bled in the foot ; which being done, the hysterical paroxysms increased to that degree, as in a few hours to occasion convulsions, which soon proved fatal.

134. And, indeed, if I may speak my sentiments freely, I have long been of opinion, The equity of this manner of procedure. that I act the part of an honest man, and a good physician (not only in these diseases of child-bed women, but likewise in all acute diseases, where I cannot certainly promise that the method I make choice of will perform the cure) as oft as I refrain entirely from medicine, when upon visiting the patient I find him no worse to-day than he was the day before, and have reason to suppose he will be no worse to-morrow than he is to-day. Whereas, if I attempt to cure the patient by a method, which I do not yet know to be effectual, he will be endangered, both by the experiment I am going to make upon him, and the disease itself ; nor will he so easily escape two dangers as one : for though at present there appear no manifest sign of his amendment, yet it is certain, that the nature of an acute disease is such, that it cannot always last ; and besides, every day will lessen the danger, or at least afford the physician a more certain and favourable oppor-

opportunity of conquering the disease, than he had before. And this may truly be affirmed of most diseases, but chiefly of such as are peculiar to women in child-bed, wherein the least error may prove fatal, and we find it so difficult to govern that natural evacuation, from the suppression whereof the diseases we have been treating of proceed.

Hysterical disorders sometimes caused by an immoderate flux of the menses.

135. But as *hysterical diseases* do not always originally rise from the primary cause, which is the natural weakness of the spirits, but sometimes from an adventitious weakness thereof; I intend, therefore, before I finish this epistle, to treat of this kind of cause, which is frequently productive of what are entitled *vapours*; and this is an *immoderate flux of the menses*, either in child-bed, or at other times. *The first species chiefly happens soon after a difficult delivery*,* and is attended with a numerous train of hysterical symptoms; but as

The first species of it described, and the method of cure deliver-
ed.

it

* *The first species generally happens after, &c.* The flux in this case should be considered, as that of the lochia, called flooding, not of the menses, and requires every immediate exertion for moderating or suppressing the sanguinary discharge, which is best effected according to the general received opinion, by laying the patient very cool, keeping her extremely quiet, applying cold water and vinegar by the means of cloths dipped therein, to the regions of the loins and abdomen; giving the most quickly acting and powerful restraining internally, of which compositions with alum, particularly the pulvis stypticus of the Edinburgh Dispensary, and preparations of lead, as specified in Note *, page 424, are the best, and bleeding, if admissible; applying also stupes dipped in astringent liquid, as water mixed with aqua lythargyri acetati, as high up in the vagina as they can be passed. Still, notwithstanding all these remedies, patients sometimes flood on rapidly to dissolution.—On considering this subject, I have been led to conclude, that this flux is of the passive kind, owing to a want of irritability and tone in

the

it only comes and proves troublesome in the beginning, so it soon goes off; being easily remedied by an incrassating diet, wherewith the following drink may be joined:

*Take of plantain water and red wine, each a pint; An astrin-
gent drink.
boil them together to the consumption of a third
part, and then sweeten it with a requisite pro-
portion of fine sugar. Give half a pint of it
twice or thrice a day.*

In the mean time some sufficiently weak hysterical jalap may be exhibited at times, and the following composition held to the nose:

*Take of galbanum and asa foetida, each two
drams; castor, a dram and half; volatile salt
of amber, half a dram; mix them together:*

Or,

*Take spirit of sal ammoniac, two drams; and let A fetid
paste.
the patient smell to it often.*

the vascular part of the uterus, and defect of nervous energy, from a torpid state of the nerves belonging to that organ. For in these desperate cases the uterus and vessels appear to be in a paralytic state, divested of their contractile power, and I am persuaded that the application of cold, and stupes internally applied, act more from stimulus than any other cause. Might not therefore blisters, applied over the lower vertebræ of the back and os sacrum, be advantageously joined with the other remedies? I am induced to believe they might, from the good effects I have known produced by the application of them in some cases where the immoderate flux of the menses had resisted every other remedy, and also from their efficacy in some obstinate leucorrhœas. But this I only presume to offer as a hint for the consideration of the more sagacious and experienced; impelled to it by the duty I think every author owes to mankind, in properly laying before them every idea which may in the least tend to alleviate disease, or mitigate the miseries of his fellow-creatures. W.

The second
described,
and the me-
thod of cure
particula-
rized.

136. But as to an *immoderate flux of the menses*, which seizes women when they are not pregnant, though it happens at any time, yet it most frequently comes a little before the *menses* leave them; namely, about the age of forty-five, if they begin early, or about fifty, if they begin late. In such subjects they often flow immoderately, a little before they vanish entirely, and occasion violent and frequent hysterical fits, from the large quantity of blood which is continually lost. Now though hysterical medicines are to be used in this case, both internally and externally, avoiding the stronger kind, for fear of promoting the flux, yet the chief step towards the cure consists in checking the menstrual discharge, which may be soon effected in the following manner :

The proceſſ.

137. Take away eight ounces of blood from the arm, and the next morning give the common purging potion, which must be repeated every third day for twice; and let her take an ounce of *diacodium* every night at bed-time during the course of the disease.

An aſtrin-
gent electu-
ary.

Take of the conserve of dried roses, two ounces; troches of Lemnian earth, a dram and half; pomegranate bark, and red coral prepared, each two scruples; blood-stone, dragon's blood, and Armenian bole, each a scruple; and as much simple syrup of coral as will make the whole into an electuary; of which let the quantity of a large nutmeg be taken every morning, and at five in the afternoon, with six spoonfuls of the following julap :

An aſtrin-
gent julap.

Take of the distilled waters of oak buds and plantain, each three ounces; small cinnamon water and

and syrup of dried roses, each an ounce; spirit of vitriol, enough to give it an agreeable sharpness.

Take of the leaves of plantain and nettles, each a ^{Incrassating} sufficient quantity: bruise them well together in ^{juices.} a marble mortar, and press out the juice, and, lastly, clarify it. Let six spoonfuls of it be taken cold three or four times a day.

After the first purge, let the following plaster be applied to the region of the loins:

Take of diapalma and rupture plaster, each equal ^{A strengthening} parts; melt them down together, and spread ^{plaster.} the mass on leather.

138. A cooling and thickening diet must be ^{The regimen} prescribed, only it will be convenient to ^{allow to be used,} the patient a glass of claret once or twice a day;* which, though it be not altogether so proper; inasmuch as it is apt to raise an ebullition, may be indulged in order to repair the strength. And this method is not only very serviceable in these disorders of the sex, but is equally useful where there is danger of a miscarriage; only in this case the purgatives and juices must be omitted.

139. There is also another cause of hysterick disorders, though it happens more rarely, and sometimes this is a bearing down of the womb after a difficult ^{caused by a} bearing down ^{of the womb;} birth,

* To allow the patient a glass of claret once or twice a day, &c. An infusion of the bark in red wine is no contemptible medicine in this case: and it may not be amiss to apply an astringent fomentation to the part; such as that set down in the next paragraph. Sir David Hamilton commends a decoction of orange peel in this case, and Dr. Swan says he has experienced it to be a safe and effectual remedy. W.

birth, attended with abundance of hysterick symptoms, which however may be easily and speedily cured* by the following method :

How to be
cured.
A restrin-
gent fomen-
tation.

Take of oak bark, two ounces ; boil it in two quarts of spring water to one, and towards the end of the operation add of pomegranate peel bruised, one ounce ; red rose leaves and balustines, each two handfuls ; and lastly, half a pint of red wine : strain off the liquor for a fomentation, to be applied with flannels in the usual manner, every morning, two hours before the patient rises, and at night after she is in bed, continuing the use of it till the disorder vanishes.

140. And

* Which however may be easily and speedily cured, &c.
Our author seems to speak too confidently with respect to the ease and quickness of the cure of this complaint by the use of the fomentation recommended, for it has been frequently found to fail, and other remedies called in aid, which have been more effectual. In these cases, besides the use of this fomentation, women should be directed to keep their bed as long as possible after delivery ; avoid exercise, and an upright posture, and have recourse to cordial stimulants and astringents, and wear pessaries. Though Dr. Lcake makes objections to the last, because instead of strengthening the weak parts, they lay a stress upon them, and if too large, bring on the fluor albus in a high degree, generally become painful, and increase the disease, by overstraining and weakening the parts which were before too weak ; if too small, they are of no use, because they will be forced away on every fit of coughing, straining, &c. But these objections are done away by making them of sponge properly adapted to the part into which they are introduced, for these are soft and elastic ; and though they suspend the uterus, occasion not those inconveniences complained of by the Doctor, besides, they are easy of introduction, may be fastened to a girdle round the waist by passing a silk string through them, hence may be withdrawn at pleasure, kept clean, and may be impregnated with any restringent liquor, which may be thought proper.

140. And now, worthy Sir, having communicated all the observations I have hitherto made, relating to the history and cure of the *hysterick disease*, I have no more to add, but to entreat you to excuse any inaccuracy I may have committed in the description thereof, and likewise to accept this short dissertation, which was wrote expressly to return you thanks for your approbation of my other works. And, in reality, I so rarely meet with such treatment, that I must needs conclude, either that I am void of merit, or that the candid and ingenuous part of mankind, who are formed with so excellent a temper of mind as to be no strangers to gratitude, make a very small part of the whole. But whatever opinion the world may form of me, I will still continue to investigate and improve the method of curing diseases to the best of my ability, and to instruct such practitioners as have less experience than myself. For, upon deliberate and equitable reflection, I find it is better to assist mankind than to be commended by them, and highly conducive to tranquillity of mind ; popular applause being lighter than a feather, or a bubble, and less substantial than a dream. But if the wealth that is gained by such an eminent name should by some be thought to be of a more solid kind, I do not at all envy them the enjoyment of what they have acquired, but would have them remember that the lowest class of mechanics do sometimes get and leave greater fortunes to their children ; and yet in this respect they are no way superior to brutes, who make

proper. I have known them worn a considerable time, without producing any uneasy effect, and still answering the most agreeable purposes. *W.*

the

the best provision they can for themselves and their issue. *For if we except** such good actions as proceed from choice and a virtuous disposition (which brutes are naturally incapable of) they are manifestly upon the footing of an equality with these, and all other men, who have not the welfare of mankind at heart.—Pray give my service to our learned friend, Mr. Kendrick, who informed me of your affection for me, which I will endeavour to return in the best manner I am able, who am,

Worthy Sir,

Your most obliged

and affectionate

bumble servant,

London,

Jan. 20, 1681-2.

THO. SYDENHAM.

* *For if we except, &c.* In Dr. SWAN's translation the word is *accept*; which must be evidently erroneous. The Latin edition runs thus—“*Et, si recta exanimi arbitrio, & virtute nata excipiamus,*” we have therefore altered the term, in order to render the sentence more congruous. *W.*

A

T R E A T I S E
O F T H E
G O U T A N D D R O P S Y.

*The Dedicatory Epistle of the Author, to
Dr. Tho. Short, Fellow of the College
of Physicians:*

Worthy Sir,

I PRESENT you here with a short treatise of the *gout* and *dropsey*, instead of a larger work; which I had thoughts of writing, namely, the history of those *chronic* distempers especially, which I have often met with in my practice. But as my immoderate application to this work occasioned the severest fit of the *gout* I ever had, it was a caution to me to desist from my undertaking, though with reluctance, consult my health, and rest satisfied with having finished my essay on these two diseases; for the *gout* constantly returned; as oft as I attempted to go on with the work.

Be pleased, therefore, to accept this performance with all its faults, which is addressed to you for two reasons chiefly: First, because you have readily acknowledged and asserted the usefulness of the observations I formerly published, (which some persons contemn) both before me and others; and, secondly, because in

the mutual intercourse we have had in consultations, I have found your genius well adapted to the practice of physic. For though you excel in all kinds of literature, yet nature has rather intended you for a judicious practitioner, than an idle theorist; practice and speculation differing as much from each other, as trifles and matters of the greatest importance; so that if my observation be right, they seldom meet in one and the same person.

Your penetration, joined with a large and extensive practice, which have furnished you with an opportunity of making experiments, have placed you at the head of the faculty, and your affability will be a means of preserving the esteem you have acquired. If the following sheets be not disapproved by you (to whom they are inscribed) and a few worthy men, my friends, I shall little regard the censure of others, who are angry with me, purely because I dissent from their opinions, relating to diseases and the methods of cure. And this I cannot well help, because my natural disposition inclines me to spend that time in thinking, which others employ in reading; and I am more solicitous, that all I deliver should be agreeable to truth, than to the sentiments of others; as setting lightly by public applause. And, indeed, provided I discharge the duty of a good citizen, and serve the public, to the prejudice of my private interest, what matters it if I gain no reputation thereby? For, upon due consideration, my endeavouring to secure a character, who am now advanced in years, will, in a little time, be like providing for a non-existence. For what will avail me after my decease, that the eight letters which

cont-

compose my name, will be pronounced by those, who can no more frame an idea of me in their minds, than I am now able to conceive what kind of persons those will be, who can have no knowledge of their immediate predecessors, and will perhaps have a different language, and other customs, according to the vicissitudes and fluctuating condition of human affairs? To what purpose, therefore, should I concern myself about the opinions of others? For if I have improved the diagnostic and curative parts of medicine, and thereby entitled myself to some praise, I cannot long enjoy it; and, on the contrary, if my writings are not much liked by some persons, I scarce think I shall trouble the public with more, by reason of my ill state of health. In reality, my hand trembled so, that I was not able to write this short treatise I now publish, but was assisted in this particular (which I gratefully acknowledge) by Mr. John Drake, bachelor in physic, of St. John's College in Cambridge, whose good nature and integrity render him an excellent friend; and whose natural and acquired endowments will make him highly useful to mankind, when he pleases to practise an art which he so well understands. I conclude, with asking your pardon for the trouble I may have given you in the performance of my duty, and desiring you to believe, that it entirely proceeds from the regard and esteem I bear you, who am,

Sir,

Your most obedient servant,

*London,
May 21, 1683.*

THO. SYDENHAM.

A TREATISE of the GOUT.*

The gout
hard to be
understood.

1. **T**HERE is no doubt, but men will conclude, either that the nature of the disease, which is my present subject, is in a manner incomprehensible, or that I, who have been afflicted with it for these thirty-four years past, am a person of very slender abilities, inasmuch as my observations, concerning this distemper and the cure thereof, fall short of answering their expectations. But notwithstanding this, I will faithfully deliver the remarks I have hitherto made, concerning the difficulties and intricacies respectively occurring in the history of the disease, and the method of cure; leaving the illustration thereof to time, the discoverer of the truth.

2. *The*

* *The gout, &c.* Various have been the opinions of authors relative to the nature of this disease, with respect to the cause. Dr. CAVERHILL imagines that the disease consists in a closing up of the finer arteries; and that the pain, during the fit, arises from the effort which is made by the blood to force these open.

Dr. LIGER, admitting an arthritic acrimony, holds the morbid matter to be of a viscid nature, and finds his opinion on the appearances in dissecting the joints of gouty subjects, which are observed to be loaded with a tough mucilage, adhering to the capsula, ligaments, and sheaths of the tendons: the urine also of gouty persons is observed to deposit a similar kind of slimy matter, termed by the Antients, *Pituita vitrea*; and the blood, which is drawn during the fit of the gout, has a whitish scum, like the pleuritic crust, but not so compact: but VAN SWIETEN thinks the accumulation of viscid matter is owing to the frequent attacks of the disease, which render the vessels about the joints incapable of transmitting the earthy particles intended for nourishing the bones; this gross matter being therefore retained,

2. *The gout generally attacks those aged persons,* Whom it*
who have spent most part of their lives in ease, chiefly at-
tacks.
voluptuousness, high living, and too free an
use of wine, and other spirituous liquors, and

tained, inspissates the synovia, and forms the chalky concre-
tions ; and with BOERHAAVE, concludes the arthritic
acrimony to be a most subtle species of matter affecting the
nervous fluid, or acting solely on the nervous system.

Dr. CULLEN observes, That the gout is a disease of the
whole system, and depends upon a certain general confor-
mation and state of the body ; but the general state of the
system depends chiefly upon the state of its primary moving
powers, and therefore the gout may be supposed to be
chiefly an affection of these : hence, manifestly, an affection
of the nervous system, in which the primary moving powers
of the whole system is lodged ; and that the stomach, which
has so universal a consent with the rest of the system, is the
internal part that is the most frequently, and often very
considerably affected by the gout ; the paroxysms of the
disease are commonly preceded by an affection of the sto-
mach ; many of the exciting causes act first upon the sto-
mach ; and the atonic and retrocedent gout are most com-
monly and chiefly affections of the same organ. From
which observation he remarks, That there is a balance subsist-
ing between the state of the internal, and that of the
external parts ; and, in particular, that the state of the sto-
mach is connected with that of the external parts, so that
the state of one may be communicated to the other.

From hence it is clear the Doctor rejects, or at least
throws great doubts upon the general received opinion, that
the gout depends upon a certain morbid matter, always
present in the body ; and by certain causes thrown upon the
joints, or other parts, producing the various symptoms be-
longing to this malady. *W.*

* *The gout generally attacks those aged persons, &c.* To
which we may add, especially the male sex ; but it some-
times, though more rarely, attacks also females ; of whom
those, who are liable to it, are of the more robust, and full
habits ; and it very often happens to such long before the
catamenia have ceased ; and to some in whom they have been
more profuse than common. It seldom affects eunuchs,
and when it does, they seem to be those who happen to be
of a robust habit, who lead an indolent life, and are used to
live very full.—Cullen's *Practice of Physic.* *W.*

at length, by reason of the common inability to motion in old age, entirely left off those exercises, which young persons commonly use. And, farther, such as are liable to this disease have large heads, and are generally of a plethoric, moist, and lax habit of body, and withal of a strong and vigorous constitution, and possessed of the best *stamina vitae*.

Sudden
change of
the ordinary
way of living
disposes to
the gout.

3. The gout, however, does not only seize the gross and corpulent, but sometimes, though less frequently, attacks lean and slender persons: neither does it always wait till old age comes, *but sometimes attacks such as are in the prime of life*,* when they have received the seeds of it from gouty parents, or have otherwise occasioned it by an over-early use of venery, or the leaving off such exercises, as they formerly indulged to a great degree; and who besides have had a voracious appetite, and used spirituous liquors immoderately, and afterwards quitted them, of a sudden, for those of a thin and cooling kind.

* *But sometimes such as are in the prime of life, &c.* The gout does not attack men commonly till after the age of thirty-five, and generally not till a later period; if earlier, it happens in such constitutions as have had a strong predisposition hereditarily, who have led indolent sedentary lives, lived freely, indulged in venery to excess, drank freely of wine, and other inebriating liquids; induced indigestion, either by the quantity or quality of these aliments; applied much to study or busines, kept late hours, been subject to excessive evacuations, have left off accustomed labour, suddenly changed from a very full to a very spare diet; have used themselves much to acids, or acescents; or been so situated, as to have the application of cold in a great degree to their extremities: for these Dr. CULLEN considers as the occasional causes, as some of them bring on a plethoric state of the body, whilst others, in such bodies, occasion debility, both which conduce to bring on the gout. *W.*

4. When

4. When it seizes a person far advanced in years, for the first time, it never has such stated periods, nor proves so violent, as when it attacks a younger person, because (1.) he generally perishes before the disease, accompanied with its natural symptoms, comes to its height; and (2.) because the natural heat and vigour of the body being abated, it cannot be so constantly and powerfully thrown off upon the joints. But when it comes on sooner, though it may not yet fix on one part, nor prove so severe, but affect the patient occasionally, keeping no certain period, giving only a little pain for a few days, and coming on and going off without any order; yet it increases gradually, and goes on regularly, both with respect to the time of its coming, and the continuance of the fit, and rages more violently in its progress, than in its beginning.

5. I will first treat of the *regular gout*, and ^{How the} next of the *irregular one*; whether occasioned by ^{regular} an unadvised use of improper remedies, or the ^{gout begins} weakness of the subject. *The regular gout generally** seizes in the following manner: it comes on a sudden towards the close of *January*, or the beginning of *February*, giving scarce any sign of its approach, except that the patient has been afflict-

* *The regular gout generally, &c.* Dr. CULLEN considers this as an inflammatory affection, and arranges it under the class *FEBRES*, and the order *PHLEGMACIÆ*, of which he makes the genus, called *PODAGRA*, in preference to *ARTHRITIS*, as it more characteristically marks the disease, and defines it in general,

An hereditary disease arising without any evident external cause, but most commonly preceded by unusual affection of the stomach, febrile symptoms, pain chiefly seizing the great toe, but certainly the joints of the hands and feet; returning at intervals, and often alternating with affections of the stomach, and other internal parts.

afflicted, for some weeks before, with a bad digestion, crudities of the stomach, and much flatulency and heaviness, that gradually increase till the fit at length begins; which however is proceeded, for a few days, by a numbness of the thighs, and a sort of descent of flatulencies through the fleshy parts thereof, along with convulsive motions; and the day preceding the fit the appetite is sharp, but preternatural. The patient goes to bed, and sleeps quietly, till about two in the morning, when he is awakened by a pain, which usually seizes the great toe, but sometimes the heel, the calf of the leg, or the ankle. The pain resembles that of a dislocated bone, and is attended with a sensation, as if water just warm were poured upon the membranes of the part affected; and these symptoms are immediately succeeded by a chillness, shivering, and a slight fever. The chillness and shivering abate in proportion as the pain in-

With SAUVAGES, he admits but of one species, though many varieties; some of which he classes under the term **PODAGRA REGULARIS**, our present subject, and defines,

The regular gout, attended with inflammation sufficiently violent of the limbs, continuing for some days, and receding gradually with a swelling, itching, and desquamation of the part affected.—Of which the Doctor gives the subsequent pathological account:

There is a certain, vigorous, and plethoric state of the system, which, at a certain period of life, is liable to a loss of tone in the extremities; this is in some measure communicated to the whole system, but appears more especially in the functions of the stomach. When this loss of tone occurs, while the energy of the brain still retains its vigour, the *vis medicatrix naturæ* is excited to restore the tone of the parts, and accomplishes it by exciting an inflammatory affection in some part of the extremities; when this has subsisted for some days, the tone of the extremities, and of the whole system, are restored, and the patient returns to his ordinary state of health.—*Practice of Physic*, vol. ii. *W.*
creases,

creases, which is mild in the beginning, but grows gradually more violent every hour, and comes to its height towards evening, adapting itself to the numerous bones of the *tarsus* and *metatarsus*, the ligaments whereof it affects; sometimes resembling a tension or laceration of those ligaments, sometimes the gnawing of a dog, and sometimes a weight and *coarctation*, or *contraction*,* of the membranes of the parts affected, which become so exquisitely painful, as not to endure the weight of the cloaths, nor the shaking of the room from a person's walking briskly therein. And hence the night is not only passed in pain, but likewise with a restless removal of the part affected from one place to another, and a continual change of its posture. Nor does the perpetual restlessness of the whole body, which always accompanies the fit, and especially in the beginning, fall short of the agitation and pain of the gouty limb. Hence numberless fruitless endeavours are used to ease the pain, by continually changing the situation of the body and the part affected, which, notwithstanding, abates not till two or three in the morning, that is, till after twenty-four hours from the first approach of the fit; when the patient is suddenly relieved, by means of a moderate digestion, and some dissipation of the peccant matter, though he falsely judges the case to proceed from the last position of the part affected. And being now in a breathing sweat he falls asleep, and upon waking finds the pain much abated, and the part affected

* *Construction*.—What is meant by this word in the former translation is not easy to conceive; SYDENHAM's term, in the Latin edition, is *coarctatio*, which we have rendered *coarctation*, or *contraction*, as more properly expressive of his idea. *W.*

to be then swelled, whereas, before, only a remarkable swelling of the veins thereof appeared, as is usual in all *gouty fits*.

The next day, and perhaps two or three days afterwards, if the *gouty matter* be copious, the part affected will be somewhat pained, and the pain increase towards evening, and remit about break of day. In a few days it seizes the other foot in the same manner ; and if the pain be violent in this, and that which was first seized be quite easy, the weakness thereof soon vanishes, and it becomes as strong and healthy, as if it had never been indisposed : *nevertheless, the gout affects the foot just seized*,* as it did the former, both in respect of the vehemence and duration of the pain ; and sometimes, when there is so copious a peccant matter in the beginning of the fit, that one foot is unable to contain it, it affects both at the same time with equal violence ; but it generally attacks the feet successively, as above remarked. When it has seized both feet the following fits are irregular, both with respect to the time of seizure and their continuance, but the pain always increases in the evening, and remits in the morning ; and what we call a *fit of the gout*, which goes off sooner or later, according to the age of the patient, is made up of a number of these small fits. For when this disease lasts two or three months, it is not to be esteemed one continued fit, but rather a series or assemblage of little fits, the last of which proves milder and shorter, till the peccant matter being

* *Nevertheless the gout affects the foot just seized, &c.* This does not happen commonly at the commencement of the gout, but when the fits have often recurred ; at first it generally affects one foot only. *W.*

at length quite expelled, the patient recovers ; which, in strong constitutions, and such as seldom have the *gout*, often happens in fourteen days ; and in the aged, and those that have frequent returns of the disease, in two months ; but in such as are more debilitated, either with age, or the long duration of the distemper, it does not go off till summer advances, which drives it away.

During the first fourteen days the urine is high-coloured, and after separation lets fall a kind of red gravelly sediment, and not above a third part of the liquids taken in is voided by urine, and the body is generally costive during this time. The fit is accompanied throughout with loss of appetite, chillness of the whole body towards the evening, and a heaviness and uneasiness even of those parts that are not affected by the disease. When the fit is going off, a violent itching seizes the foot, especially between the toes, whence the skin peels off as if the patient had taken poison. The disease being over, the appetite and strength return sooner or later, according as the immediately preceding fit hath been more or less severe, and in consequence of this the following fit comes on a shorter or longer space of time ; for if the last fit proves very violent, the next will not attack the patient till the same season of the year returns again.

6. *In this manner does the regular gout, accompanied with its genuine and proper symptoms, appear ; but when it is exasperated,* either by* The symptoms of the irregular gout enumerated wrong.

* *In this manner does the regular gout appear, but, &c.*
Here our author proceeds to describe the gout in its irregular

wrong management or long continuance, so that the substance of the body is in a manner changed into supplies for the disease, and nature unable to expel it according to her usual way, the symptoms differ considerably from those just described. For, whereas the pain hitherto only

lar form, which is not confined to the feet, but attacks various other parts more internal. Dr. CULLEN makes three varieties, which he divides and accounts for in the following manner :

1. **PODAGRA ATONICA.**—The atonic gout, attended with atony of the stomach, or some other internal part, and either without any expected or accustomed inflammation of the joints, or with pains of the joints, slight and fugitive, and often suddenly alternating with indigestion, or other symptoms of atony ; and this arises when to the atony, the re-action and inflammation have, to a certain degree, succeeded ; but from causes either internal or external, the tone of the extremities, and perhaps of the whole system, is weakened ; so that the inflammatory state, before it proceeded to the degree, or continued for the time requisite for restoring the tone of the system, suddenly and entirely ceases. Hence the stomach, and other internal parts, relapse into the state of atony ; and, perhaps, have this increased by the atony communicated from the extremities ; all which appears in the second variety, which the Doctor calls

PODAGRA RETROGADA, or retrocedent gout, and which, he says, is attended with inflammation of the joints, receding of a sudden, and quickly followed by atony of the stomach, or some other internal part.—The third variety is termed

PODAGRA ABERRANS ; misplaced gout, accompanied with inflammation of some internal part ; an inflammation of the joints either not having preceded, or having made its appearance there, suddenly receding ; which happens when to the atony usually preceding, an inflammatory re-action suddenly succeeds ; but has its usual determination to the joints by some circumstances prevented, and is therefore directed to an internal part, where it produces an inflammatory affection, and that state of things from whence this variety has received its name.—*Practice of Physic*, vol. ii. *W.*

affected

affected the feet (which are the genuine seat of the morbid matter, which, whenever it attacks any other part, clearly proves either that the course of the disease is obstructed, or the strength gradually impaired) it now seizes the hands, wrists, elbows, knees, and other parts, no less severely than it did the feet before; for sometimes it renders one or more of the fingers crooked, and motionless by degrees, and at length forms stony concretions in the ligaments of the joints, which destroying both the scarf-skin and skin of the joints, stones not unlike chalk, or crabs eyes, come in sight, and may be picked out with a needle. Sometimes the morbid matter is thrown upon the elbows, and occasions a whitish swelling, almost as large as an egg, which becomes gradually inflamed and red. Sometimes it affects the thigh, which seems to sustain a great weight, yet without much pain; but thence gaining the knee, it attacks that part more violently, depriving it of motion, so as to nail it in a manner to the same place in bed. And when it is necessary to move the patient, either on account of the restlessness of the whole body, which is so frequent in this disease, or some other urgent cause, it ought to be done with great caution, as the least contrary motion, or shock, may perhaps give pain, which is only tolerable for this reason, because it soon goes off. And, indeed, this moving of the patient, which should be performed with such care and tenderness by the assistants, is no inconsiderable part of the evils which attend the *gout*; for the pain is not very violent the paroxysm throughout, in case the part affected be kept quiet.

It continues
most part of
the year.

7. As the *gout* formerly did not usually come on till the decline of winter, and went off in two or three months; in the present case, it continues all the year, excepting two or three of the warmest summer months. And it is farther to be observed, that as the *cardinal* or *general fit* continues longer now than it did heretofore, so likewise those *particular fits*, of which the *general one* is made up, rage a longer time; for, whereas one of these did not last above a day or two before, it now, wherever it fixes, does not go off till the *fourteenth* day, especially if the feet or knees be affected thereby. To this may be added, that the patient on the first or second day after its coming, besides the pain, is afflicted with sickness, and a total loss of appetite.

The inter-
vals shorter,
and attended
with great
weakness.

8. In the last place, before the disease came to such a height, the patient not only enjoyed longer intervals between the fits, but likewise had no pain in the limbs, and the other parts of the body, all the bodily functions being duly performed; whereas now his limbs, during the intermission of the disease, are so contracted and disabled, that though he can stand, and perhaps walk a little, yet it is very slowly, and with great trouble and lameness, so that he scarce seems to move at all; and, if he endeavours to walk beyond his strength, in order to recover the use of his feet, the stronger they grow, and the less liable they are to pain upon this account, so much more does the *morbific matter* (not wholly dissipated during this interval) threaten the bowels, to the endangering the patient, as it cannot be so freely thrown upon the feet, which in this state of the disease are never quite free from pain.

9. More-

9. Moreover the patient is likewise afflicted And other
with several other symptoms; as a pain in the ^{bad symptoms.} hemorrhoidal veins, nauseous eructations, not unlike the taste of the aliment last taken in, corrupting in the stomach, happening always after eating any thing of difficult digestion, or no more than is proper for a healthy person, together with a loss of appetite, and a debility of the whole body, for want of spirits; which renders his life melancholy and uncomfortable. The urine, which was before high-coloured, especially in the fits, and voided in a small quantity, now resembles that which is evacuated in a *diabetes*, both in colour and quantity; and the back and other parts itch much towards bed-time.

10. And when the disease is become inveterate, after yawning, especially in the morning, the ligaments of the bones of the *metatarsus* are violently stretched, and seem to be squeezed with great force by a strong hand. And sometimes, though no yawning has preceded, when the patient is disposing himself to sleep, he feels a blow of a sudden, as if the *metatarsus* were breaking in pieces by a large stick, so that he wakes crying out with pain. The tendons of the muscles of the *tibiae* are sometimes seized with so sharp and violent a convulsion, or cramp, that if the pain it occasions were to last only a short time, it could not be borne with patience.

11. But after many racking pains, the following paroxysms become less painful, as an earnest of the delivery which approaching death is about to give, nature being in part oppressed by the quantity of the morbid matter, and in part by old age, so as not to be able to propel it constantly and vigorously to the extremities; but,

but, instead of the usual external pain, a certain sickness, a pain in the belly, a spontaneous lassitude, and sometimes a tendency to a diarrhœa, succeed. When these symptoms are violent, they ease the pain of the limbs, which returns upon their going off; and the paroxysms are much prolonged by this alternate succession of pain and sickness. For it is to be observed, that when the disease has continued several years the pain diminishes gradually every fit, and the patient at length sinks rather from the sickness than the pain; which in these fits, though it be longer, is not near so violent as that which he usually suffered, when his strength was little impaired. But, nevertheless, this violence of the disease was ordinarily recompensed by longer intervals between the fits, and the good state of health the patient enjoyed during the intermission. In effect, pain in this disease is the disagreeable remedy of nature, and the more violent it proves, the sooner the fit terminates, and the longer and more perfect is the intermission; and so on the contrary.

The gout
generative
of the stone
in the kid-
neys.

12. But besides the above-mentioned symptoms, *viz.* the pain, lameness, inability to motion of the parts affected, the sickness, and other symptoms above enumerated, the *gout* breeds the *stone in the kidneys* in many subjects, either (1.) because the patient is obliged to lie long on his back, or (2.) because the secretory organs have ceased performing their proper functions; or else (3.) because the *stone* is formed from a part of the same morbid matter; which, however, I do not pretend to determine. But from what cause soever this disease proceeds, the patient is sometimes at a loss to know whether the *stone* or the

the *gout* be most severe. And sometimes a suppression of urine caused by the stone's sticking in the urinary passage, destroys him, without waiting for the slow advances of its concomitant the *gout*.

13. The patient is not only reduced to this helpless condition, but to complete his misery, ^{And of great disorders of mind.} his mind, during the fit, sympathizes with his body, so that it is not easy to determine which of the two is most afflicted. For every paroxysm may be as justly denominated a fit of anger, as a fit of the *gout*; the rational faculties being so enervated by the weakness of the body, as to be disordered upon every trifling occasion; whence the patient becomes as troublesome to others as he is to himself. Moreover, he is equally subject to the rest of the passions, as fear, anxiety, and the like, which also torment him till the decension of the disease, when the mind is restored to health along with the body, having recovered its former tranquillity.

14. To conclude: The *viscera* in time are so much injured, from the stagnation of the mortific matter therein, that the organs of secretion no longer perform their functions, whence the blood, overcharged with vitiated humours, stagnates, and the *gouty matter* ceases to be thrown upon the extremities as formerly, so that at length death frees him from his misery.

15. But what is a consolation to me, and may be so to other *gouty* persons of small fortunes and slender abilities, is, that kings, princes, generals, admirals, philosophers, and several other great men, have thus lived and died: In short, it may, in a more especial manner, be affirmed of this disease, that it destroys more rich than ^{Destroys more rich than poor, and learned than illiterate persons.}

poor persons, and more wise men than fools ; which seems to demonstrate the justice and strict impartiality of Providence, who abundantly supplies those that want some of the conveniences of life, with other advantages, and tempers its profusion to others with equal mixture of evil ; so that it appears to be universally and absolutely decreed, that no man shall enjoy unmixed happiness or misery, but experience both : and this mixture of good and evil, so adapted to our weakness and perishable condition, is perhaps admirably suited to the present state.

Seldom seizes women, children, or very young persons. 16. The *gout* seldom attacks women, and then only the aged, or such as are of a masculine habit of body ; for lean and emaciated women, who, in their youth or riper age, are seized which symptoms not unlike the *gout*, receive them from *hysterick* disorders or some preceding *rheumatism*, the morbific matter whereof was not sufficiently carried off in the beginning, *nor* have I hitherto found children, or very young persons, affected with the true *gout*.* Yet I have known some

* *Nor found children or very young persons affected with the true gout.* Boerhaave tells us, that he has seen gouty children, and is of opinion the women get this disease by lying with their gouty husbands. With respect to the latter I am truly sceptical ; but that children may have the gout I cannot doubt. Dr. Burton, a physician of York, whose wife was much afflicted with this disease as well as himself, told me that his son was subject to the gout in his infantile years, and had repeated regular paroxysms. This and similar cases are probable proofs that the disease may be hereditary, either owing to the morbid, arthritic semina, or to the conformation of the machine in its first stamina, which is creative of this acrimony. But however, be this as it may, it is pretty certain that podagric miasmata are existent in the habit on the formation of the disease, and that its varieties arise from some different circumstances in the constitution,

Some who have felt some slight touches of it before they came to that age; but they were such as were begot by *gouty parents*. And let this suffice for the history of this disease.

17. Upon a thorough attention to the various symptoms of this disease, I judge it to proceed from a *weakened concoction* both of the solids and fluids; for such as are subject to it, being either worn out by old age, or having hastened this period of life by their debaucheries, labour under an universal paucity of animal spirits, occasioned by the immoderate use of the vigorous function in the heat of youth. For instance, by a too early or excessive use of venery, by the vast and continual pains they take to gratify their passions, and the like: whereto must be added the quitting of such bodily exercises of a sudden as they had formerly used (whether through age or idleness) which served to invigorate the blood, and strengthen the tone of the solids; whence the strength decays, and the concoctions are no longer duly performed,

stitution, or from the same constitution being differently circumstanced at different times; so that if the general predisposition has taken place in the habit, and that should be joined with strong propulsive powers, the arthritic acrimony will begin to exert itself, and the regular gout be formed. But if this general predisposition should be accompanied with debility, and enfeebled propulsive powers, either originally framed, or acquired by some occasional or accidental cause, or there should be at the same time any local defect or imperfection in any of the organs or particular parts of the machine, the atonic, retrocedent, or misplaced gout may be the consequence, according to the nature and place of such defect or imperfection; and according as the one or other of these peculiarities should be prevalent, are we to regulate our conduct in advising proper methods, whether preventive or curative. *W.*

but on the contrary the excrementitious part of the juices, which was formerly expelled by means of such exercise, lies concealed in the vessels to feed the disease. And sometimes the disease has been increased by a long continued application to some serious study; whereby the finer and more volatile spirits are called off from their proper function of assisting the concoctions.

*And drink-
ing wine too
freely.*

18. Again, such as are subject to the *gout*, besides having a voracious appetite in general, chiefly covet all kind of aliment that is hard of digestion, which, when they have eat as plentifully as they ordinarily did when they used exercise, they cannot digest. But this way of living does not occasion the *gout* so often as the excessive use of wine, which destroys the ferments designed for various concoctions, hurts the concoctions themselves, and overcomes and dissipates the natural spirits, by reason of the abundance of adventitious vapours. Now the spirits, which are the instruments of concoction, being weakened, and the blood over burdened with juices, at one and the same time, all the concoctions must needs be depraved, whilst all the *viscera* are so oppressed; whence the spirits that have long been in a declining state, are now quite exhausted. For if this disease proceeded only from a weakness of the spirits, it would easily affect children, women, and persons debilitated by a tedious illness: whereas the strongest and most robust constitutions are chiefly subject to it, but not before abundance of humours are collected in the body through the decay and waste of the natural heat and spirits, which

which in conjunction destroy the vitiated concoctions.

19. Again, as each of the causes we have enumerated promote indigestion, so most of them contribute in some measure to introduce a laxity of the habit and muscular system of the body; which makes way for the reception of crude and indigested juices, as often as they are thrown upon the external parts. For when by lying long in the blood they are increased in bulk, and have gained an ill quality, they at length acquire a putrefying heat, and nature being no longer able to subdue them, become a *species*, and fall upon the joints, and by their heat and acrimony occasion exquisite pain in the ligaments and membranes that cover the bones; which being weakened and relaxed, either by age, or luxury and intemperance, easily admit them. But this translation of the humours occasioning the *gout*, and forming a *gouty* fit, happens sooner or later, according as these humours are occasionally put in motion.

20. *I proceed now to the cure*;* in treating of *Bleeding*, *sweating*, *wetting*, and *are purging improper in the gout.*

* *I now proceed to the cure, &c.* There have been a variety of nostrums offered to the public for the radical cure of this disease, and were we to believe what is advanced by the group of rash empirical pretenders, we might be led to assert, that some such remedies exist, that have this salutary power. However, experience has convinced us to the contrary; for upon the fairest trials they all have proved fallacious, and some of them destructive. There are but two modes of cure, which can be attempted with safety; and these are preventive or palliative; the first to be attempted when the patients are free from, and the other, when they labour under the podagra paroxysm. And in order to answer these purposes, our chief attention is to be

are to be omitted. Now, in this disease, if regard be had to the humours, and the indigestion occasioning them, it should seem at first view

paid to the constitution, so to regulate it, that the predisposition may be weakened or conquered, and a collection of arthritic matter in the first instance prevented; in the second, to alleviate the severity, and shorten the time of its continuance with all possible security.

Now the occasional causes have been said to be, all such as produce a plethoric state of the habit, and in that plethoric state, a state of debility; hence are we directed what method to be pursued in preventing the gout.—Dr. CULLEN says, “ that any man, who early in life will enter “ upon the constant practice of bodily labour, and an ab-“ stinence from animal food, will be preserved entirely “ from the disease;” and in another place, “ that this “ prevention may take place even in persons who have an “ hereditary disposition to the disease; and that even when “ the disposition has discovered itself by several paroxysms “ of the inflammatory gout, *labour and abstinence* will ab-“ solutely prevent any return of it for the rest of life.”— But in the pursuit of this course some circumspection is necessary; with respect to exercise, it should only be moderate, yet constant; for if too violent, it cannot be long continued; besides it would conduce to occasion atony; and though riding in a carriage, or on horseback, may be useful, still bodily exercise, where practicable, is preferable, and only to be depended upon, taking care not to persist in it so as to induce debility, for this will add to the cause. And though abstinence, in a full and vigorous constitution, will be safe and efficacious, if the constitution should be debilitated by irregularity or intemperance, or by the decline of life, a low diet will conduce to bring on a state of atony, and particularly if the change from high to low living be entered upon suddenly; therefore improper. Hence we see, as animal food disposes to a plethoric state, and to an inflammatory diathesis in some cases, it must be avoided; and as vegetable aliment of the lowest quality is in danger of weakening the system too much, by not affording sufficient nourishment, and more particularly of weakening the tone of the stomach by its acescency, it cannot in all cases be adviseable. Milk, therefore, being of a middle

view that the curative indicature should principally tend (1.) to evacuate humours already generated, and (2.) to strengthen the concoction,

middle nature, or farinaceous feeds, or both conjunctly, are considered as the most eligible food.—Fermented liquors, particularly wine, are properly prohibited, except where long-continued custom and debility of the system may have rendered them necessary to keep up a proper stimulus in the habit.—For preventing or moderating the regular fit of the gout, water is the only proper drink; but it must be observed, that where a milk diet is so adapted to the constitution, that it can be properly supported by this means, there is little doubt of success, yet it is necessary to continue it through the course of life; it is not sufficient to persist in it for one year only, as some have concluded, for we have repeated instances of people, after being perfectly relieved by this course, on returning to their usual modes of living, suffering also a return of the disease. Thus far the judicious CULLEN, who, at the same time that he recommends this course for preventing, advises the avoiding the exciting causes, which is essentially necessary to prevent a relapse. Notwithstanding which, Dr. BROWNE, in the preface to his *Elementa Medicinæ*, tells us, that at the age of thirty-six he was attacked with a fit of the gout; for many years he had lived tolerably freely, *benè*, except for a few months before the accession, in which he had confined himself to a more spare diet than usual: the fit continued about forty days, nor did it return till six years afterwards; and then also it was after living some months in a lower mode than customary; at that time he was in full health, except having the gout, and a slight debility brought on by unusual abstinence.

Agreeable to the long-received opinion of physicians, the gout was said to depend upon a plethoric and vigorous state of the constitution; vegetable diet was therefore prescribed and wine prohibited; which being attentively observed, the disease was promised not to return. In this regimen he persisted for one year completely; within which space of time he was afflicted with the most violent, most painful fits, and of the longest duration; so that in lameness and pain he spent the whole year, except fourteen days. On this subject he began to reason closely, and concluded that the cause of this disease was debility, and that remedies

tion, or digestive powers, so as to prevent the accumulation of other humours; these being the usual indications to be answered in most other humoral diseases. But nevertheless in the *gout*, nature seems to have the prerogative to expel the peccant matter according to its own method, and throw it off from the joints, there to be carried off by insensible perspiration. Now there are only three ways proposed of expelling the morbid matter of the *gout*, namely, (1.) *bleeding*, (2.) *purging*, and (3.) *sweating* :* but none of these will ever answer the end.

21. (1.)

were to be found not in a debilitating, but corroborating régime; to which he fortunately submitted himself for two years, and at the end of this time had an extremely slight fit of the *gout*, not a fourth part adequate to any of the four former fits; which fortunate circumstance the Doctor attributes to the alteration of his mode of living, and perhaps justly; for in the first year he lived on vegetable diet alone; in the two last, on animal food almost, and such things as were extremely nutritious; but of these he chose the best of their kind, and did not exceed in quantity.

From what has been advanced above with respect to the cause of the *gout* and its varieties, it is pretty obvious that we must direct our remedies for the prevention in modes peculiarly adapted to the constitutions; sometimes enforcing an abstemious regimen altogether, from animal food, sometimes allowing its moderate use, and proportioning the degrees of exercise to the degrees of tone or atony of the system, always prohibiting the use of wine as well as fermented liquids, except in cases of great debility or long habit, and preserving the strength of the stomach and digestive organs. *W.*

* *Bleeding, purging, and sweating, &c.* Our author seems averse to any of these three operations, that they will not do to eradicate the disease is clear, and employed in any excess, or in debilitated habits, would be dangerous; but under particular circumstances, judiciously and moderately employed, have their utility.

With

21. (1.) Though *bleeding* seems to bid fair for *Bleeding*, evacuating the humours immediately to be trans- why impro- lated, as well as those already fixed in the joints; per. yet it manifestly clashes with that indication which the antecedent cause, *indigestion*, arising from a depravity or paucity of the spirits, demands, which *bleeding* farther weakens and diminishes; and for this reason it is not to be used either by way of preventing an approaching, or easing a present fit, especially in the aged: for though the blood that is taken away generally resembles *pleuritic* or *rheumatic* blood, yet *bleeding* is found to do as much mischief in this disease, as it does good in those. And *bleeding* in the interval, though long after the paroxysm, is

With respect to bleeding, Dr. Swan says, In the interval, in plethoric constitutions, it is not only advantageous, but necessary, and may be done with safety. Where the vessels are already considerably debilitated and relaxed, from the manifold returns of the pain, an overfulness must needs be highly detrimental, as it will put them upon the stretch, and consequently be a means of weakening their tone still more. Besides, it often happens that *gouty* persons have a sharp appetite in the intervals, accompanied with a quick digestion, whence of course they make a copious chyle, and surcharge the vessels, which require therefore to be emptied from time to time by bleeding and other proper evacuations, that the fluids may have room to circulate more freely, the viscosity thereof be prevented, and the due tone of the vascular system preserved.

Dr. Hoffman recommends cupping the bottom of the foot every three months, and says, that he has known it highly serviceable in many persons, and found great benefit from it himself. *Hoff. Opera*, tom. ii. pag. 346.

In the first paroxysms, and in the young and vigorous particularly, in order to moderate the violence of inflammation and pain, Dr. CULLEN advises blood-letting as advantageous, but thinks it a practice which cannot often be repeated with safety, as it not only weakens the tone of the system, but may contribute to produce plethora. *W.*

apt to occasion a fresh fit, by the agitation of the blood and juices, which may continue longer, and be attended with more violent symptoms than the former, the strength of the blood being impaired thereby, by means whereof the morbid matter should have been powerfully and constantly expelled. This inconvenience always happens from *bleeding* in the beginning of the fit; and if it be used immediately after the fit, there is great danger (on account of the present weakness of the blood, and its not having recovered its former strength, diminished by the disease) of debilitating nature so much by the unseasonable use thereof, as to make way for a *dropsey*. Nevertheless, if the patient be young and over-heated by hard drinking, a vein may be opened in the beginning of the fit: but if bleeding be always used in the succeeding paroxysms, it would render the *gout* inveterate, even in youth, and cause it to spread more universally in a few years, than it otherwise would have done in many.

Why vomiting and purging. 22. (2.) *With respect to vomiting and purging,** it should be noted, that as it is a fixt law of nature,

* *With respect to vomiting and purging, &c.* If the stomach be loaded, and from thence arise sickness and nausea, a gentle vomit may be useful to evacuate that organ, and particularly as it promotes perspiration; but a repetition should be avoided, as the stomach by these means is apt to be relaxed, and digestion weakened. With regard to purging at the approach of the fit, which is discoverable by an unusual lassitude and restlessness, increased appetite, heaviness of the head and limbs, HOFFMAN recommends above all things emptying the *primaæ viæ* by gentle purgatives, such as rhubarb, manna, cream of tartar, and by emollient and mild carminative glysters; and indeed he would

ture, and interwoven with the essence of this disease, that the morbific matter thereof ought always to be translated to the joints, *emetics* or *cathartics* will only invite the *gouty* matter back into the blood, which was thrown off by nature upon the extremities; and hence what ought to be thrown upon the joints, hurries perhaps to some of the *viscera*, and so endangers the life of the patient, who was quite safe before. And this has often been observed to prove fatal to those who have ordinarily had recourse to *purgatives* by way of prevention, or which is worse, to ease the pain in the fit; for when nature is prevented from pursuing her usual, safest, and best method of translating the morbific matter to the joints, and the humours are forced inwards upon the bowels, then, instead of pain in the joints, which is either slight or none at all, the patient is almost destroyed by sickness of stomach, gripings, fainting, and a numerous train of irregular symptoms.

23. For my own part, I am abundantly convinced, from much experience, that *purgings*, either with mild or strong *cathartics*, of that kind which are given to purge the joints, proves very prejudicial, whether it be used in the fit to lessen the morbid matter, or in its decension to carry off the remainder, or in a perfect intermission or healthy state, to prevent an approach-

would have the younger physicians consider it as a practical aphorism, that if the first passages are properly cleared of their fardes, before the administration of any other medicines, the pains, in whatever place they may fix, will be less seyere. But after the fit, according to Dr. CULLEN, if purgatives are employed, it will always be at the hazard of bringing it on again. *W.*

ing

ing fit. For I have learnt at my own peril, as well as that of others, that purgatives exhibited at any of these times, have, instead of doing service, hastened the mischief they were intended to prevent. (1.) *Purging*, therefore, during the fit, by disturbing nature when she is separating the *gouty* matter and throwing it off from the joints, does sometimes eminently disturb the spirits which renders the fit more violent, and likewise much endangers the life of the patient. (2.) *Purgatives* administered at the end of a fit, instead of expelling the remains of the disease, occasion a fresh fit as severe as the former; and thus the patient being deceived by fruitless hopes, brings those evils upon himself, which he had escaped if the humours had not been exasperated afresh. And this inconvenience I myself often experienced, after having had recourse to medicine to expel what I esteem the remains of the distemper. (3.) As to *purging* at certain times in the intervals by way of prevention, though it must be owned that there is not so much danger of occasioning a fresh fit, as in the instance just mentioned, the patient in that case not being perfectly recovered; yet even at this time it is productive of a fit, for the reasons above specified, and though perhaps it may not come on immediately, the disease nevertheless will not go off entirely by taking any purge constantly at proper intervals. For I have known some *gouty* persons, who, to recover their health, not only purged spring and autumn, but monthly, and even weekly, and yet none of them escaped the *gout*, which afflicted them more feverely afterwards, and was accompanied with more violent symptoms, than if they had totally

totally forbore medicine. For though such purging might carry off a part of the *gouty* matter, yet, as it does not at all contribute to strengthen concoction, but rather weakens it, and injures nature afresh, it only strikes at one cause, and is by no means adequate to the cure of the distemper.

24. To these observations must be added, that the same paucity of spirits, which hurts the concoctions in *gouty* subjects, renders their spirits weak and languid, so that they are soon disturbed by any cause which considerably hurries either the body or mind, and consequently are very volatile and dissipable, as they frequently are in *hysteric* and *hypochondriac* patients. And from this tendency of the spirits to irregular motions, it happens that the *gout* usually follows the slightest evacuation. For the tone of the parts being destroyed, which the firmness of the spirits, so long as they continue strong, preserves unrelaxed and healthy, the peccant matter moves without interruption; and from this mischief done to the body a fit arises in a short time.

25. But notwithstanding this method is so very pernicious, yet there have been empirics, who have acquired a great character by cunningly concealing the cathartic they use in this case. For it must be noted, that whilst the medicine operates, the patient feels no pain at all, or but a slight one; and if a course of *purgatives* can be continued for some days, without the intervention of the recent fit, the present fit will soon go off. But the patient will suffer greatly afterwards, by the sudden tumult occasioned by this agitation of the humours.

26. (3.) Finally, the carrying off the peccant matter by sweat* is manifestly prejudicial, though in a less degree than the above-mentioned evacuations; for though it does not repel the morbid matter to the *viscera*, but contrariwise propels it into the habit, it is notwithstanding detrimental for these reasons. (1.) Because during the interval of the fit it forces the humours, which are yet crude, and fitted for a due separation,

* *Carrying off the peccant matter by sweat, &c.* Though our author is certainly right in prohibiting the attempt to clear the habit of the offensive arthritic matter by violent sweating produced by strong stimulants or heating medicines, for during the fits the body is in a feverish state, which would by these means be increased; hence no irritation should be added. Dr. CULLEN says, "every part of the antiphlogistic regimen should be observed, except the application of cold; though when the tone of the stomach is weak, and when the patient has before been much accustomed to the use of strong drink, it may be allowable, and even necessary, to give some animal food and a little wine." Still there can be no doubt, but the promoting a gentle diaphoresis by lenient means is highly serviceable. HOFFMAN remarks, that as every paroxysm of articular and podagric pain has feverish affections for its associate, by the assistance of which nature, *OPTIMA MORBORUM MEDICATRIX*, is wont to cure diseases the most happily and effectually, and who excites this in order to evacuate the vitiated and offensive matter at a proper time by some convenient emunctory; and in pain chiefly to produce this effect by a sufficient and increased diaphoresis, whence not only the whole mass of blood and serum is depurated, but also the vitiated humour creating pain in the feet is thrown out of the machine by continued perspiration; hence then the first intention and care of the physician ought to be directed to procure, in a moderate degree, a gentle, continued, and uninterrupted diaphoresis. *De Dolore Podagrico*, vol. ii. sect. 2. cap. 11.

But the medicines prescribed for this purpose should be such as preserve the tone of the stomach, at the same time that they gently determine the fluids to the surface of the machine. *W.*

upon

upon the limbs ; and thus occasions a fit before its time, and in opposition to nature. (2.) The promoting sweat in the fit throws and fixes the gouty matter too powerfully upon the part affected, at the same time occasioning intolerable pain ; and if there be a greater quantity thereof than can be received by the part affected, it immediately throws it upon some other parts, and thus raises a violent ebullition of the blood and other juices : and if the body abounds considerably with a serious matter generative of the *gout*, an *apoplexy* is hereby endangered.

27. Hence, therefore, it is a very dangerous practice, both in this and other diseases, wherein a sweat is raised by art to evacuate the morbid matter, and it does not flow spontaneously, to force it out too violently, and beyond that degree of concoction, which the humours to be carried off have spontaneously acquired. The excellent aphorism of *Hippocrates* intimating that *concocted, and not crude matters, are to be evacuated*, relates to *sweating* as well as *purgings* ; as appears manifestly from that sweat which ordinarily terminates the paroxysms of *intermittents* ; which, provided it be moderate, and proportioned to the quantity of febrile matter concocted by the preceding fit, relieves the patient considerably : but if it be promoted beyond the limits prescribed by nature, by keeping the patient constantly in bed, a continued fever thence arises, and instead of extinguishing the former heat, a new one is kindled. So in the *gout*, the gentle breathing sweats that generally come on spontaneously in the morning after each of the small fits, of which, as I have before observed, the cardinal fit is compounded, eases the pain and
rest.

restlessness, which tormented the patient so much during the night; but contrariwise, if this gentle moisture, which is naturally of a short duration, be violently forced, and continued longer than the quantity of the morbific matter concocted by the preceding fit requires, the disease is thereby increased. In this, therefore, and all other diseases that I have met with, excepting only the *plague*, it is nature's province, more than the physician's, to excite sweat, as we cannot possibly learn how much matter is already prepared for such a separation, nor consequently what method is to be taken to promote sweat.

The indigestion and heat of the humours to be principally regarded in the cure.

28. Since then it evidently appears from what has been delivered, that it is both a fruitless and a pernicious attempt to endeavour to cure the *gout* by evacuating medicines, we are next to inquire what other purpose the curative indications are to be directed to answer. And from a thorough attention to all the symptoms above enumerated we learn, that regard must be had to two causes principally in the cure of this disease. (1.) The *antecedent*, or *primary cause*, or the indigestion of the humours, proceeding from a defect of the natural heat and spirits: (2.) the *containing*, or *immediate cause*, of the heat and effervescence of these humours after the putrefaction and sharpness they have acquired by continuing too long in the body, occasioned by the indigestion above mentioned. Now these causes differ so much from one another, that the medicines which do service in the one, prove pernicious in the other; and hence it is that this disease is so difficult of cure. For at the same time that we endeavour to cure the indigestion by warm medicines, we run the risque on the other hand

hand of increasing the heat of the humours: and contrariwise, whilst we strive to mitigate the heat and acrimony of the humours by a cooling regimen, or medicines, will bring on indigestion, the natural heat being already impaired: But here, by the *containing cause*, I do not only mean that which is actually deposited in the joints, and forms the present fit, but that also which still lies concealed in the blood, and is not yet prepared for separation. For all the morbific matter is seldom so entirely expelled by the fit, how lasting and severe soever it be, as to leave no remains of it in the body, after the fit is gone off; so that of course regard is to be had to this cause both in the fit, and during the intervals. But as the expulsion of the *containing cause* is entirely the business of nature, and to be performed according to her own method, and since nothing in the mean time can be done to cool the hot and sharp humours, without injuring the digestive powers, unless it be by avoiding a hot regimen and medicines, which inflame the humours; so doubtless the chief curative intention is, after the digestion is removed, to strengthen the digestive powers, which I shall now treat of; but in such manner, however, that I may in the course of this dissertation, as occasion offers, likewise mention those remedies which tend to mitigate the heat of the humours, and blunt their acrimony.

29. Whatever remedies therefore assist nature to perform her functions duly, either (1.) by strengthening the stomach, so that the aliment may be well digested, or (2.) the blood, that it may sufficiently assimilate the chyle received into the mass, or (3.) the solids, so as to enable

them the better to change the juices designed for their nutrition and growth into their proper substance, and (4.) lastly, whatever preserves the secretory vessels, and the emunctories in such a state that the excrementitious parts of the whole system may be carried off in due time and order. These, and all medicines of the same kind, contribute towards answering this intention, and are properly entitled *digestives*, whether they be of the medical or dietetic kind, exercise, or any other of those things, which are called the six *non-naturals*.

The medicines enumerated.

30. Such medicines in general are those which are moderately heating, bitter, or of a mild pungent taste, inasmuch as they agree well with the stomach, purify the blood, and strengthen the other parts. For instance, the roots of *angelica* and *elecampane*, and leaves of *wormwood*, the *lesser centaury*, *germander*, *ground pine*, and the like; to which may be added, such as are commonly called *antiscorbutics*, as the roots of *horse-radish*, the leaves of *garden scurvy-grass*, *water-cresses*, and the like. But these acrid and pungent herbs, how agreeable and beneficial soever they may be to the stomach, yet as they agitate the morbid matter, which has long been generated, and increase the heat, are to be used more sparingly than those which by their mild heat and bitterness both strengthen the stomach and mend the blood.

Best given in a compound mixture. 31. And in my opinion, a skilful mixture of some kinds of them* answers the end of digesting the

* *A skilful mixture of some kinds of them, &c.* Whether a medicine be the better for a mixture of a multiplicity of similar ingredients may in many causes be doubted; but certain it is, that to answer the same end by a few, well chosen, is a much greater proof of the ability of the prescriber.

humours

humours better than any single simple of the same class. For though, whenever we have occasion for the specific virtue of any medicine, it be a true axiom, that *the more simple it is, the better it is for the purpose*, yet when a cure is intended to be made by answering a particular indication, every ingredient contributes something towards curing the disease; and in this case, the more simples the medicine contains, the more powerfully it will operate. For this reason various forms of medicines may be elegantly compounded of the ingredients above enumerated, and the rest of the like kind. I give the preference to an electuary made after the manner of *Venice treacle*, because the fermentation of the simples together improves their virtues, and produces a *third substance*, which possesses greater virtues in the mixture, than any single ingredient in the same quantity. But I freely leave the choice of such ingredients, and the form in which they are to be given, to the judicious physician; for I never thought myself obliged to write what they term receipts, but rather to note the true curative indications; the non-observation of which caution has given empirics a handle to cry themselves up for the best physicians, as I have elsewhere observed. However, for the benefit of young physicians, I will communicate the medicine I generally use, which is compounded in the following manner:

Take of the roots of angelica, sweet flag, master wort, elecampane, the leaves of wormwood, the ^{A digestive powder.} lesser centaury, white horehound, germander, ground pine, scordium, common calamint, severfew, wild saxifrage, St. John's wort, golden rod, thyme, mint, sage, rue, holy thistle,

tle, penny royal, southernwood, the flowers of camomile, tansey, lily of the valley, English saffron, the seeds of treacle, mustard, garden scurvy grass, caraway and juniper berries, of each a sufficient quantity. Let the herbs, flowers, and roots be gathered when they are in the utmost perfection; dry them in paper bags till they are reducible into fine powder. To six ounces of each, well mixed together, add enough of clarified honey and canary to make the whole into an electuary, of which let the patient take two drams morning and night.

Or for want of this, let the following be used:

A stomachie
electuary.

Take of the conserve of garden scurvy grass, an ounce and half; Roman wormwood and orange peel, of each an ounce; candied angelica and nutmeg, of each half an ounce; Venice treacle, three drams; compound powder of wake robin, two drams, and with a sufficient quantity of the syrup of oranges, mix them up into an electuary: let two drams of it be taken twice a day, with five or six spoonfuls of the following distilled water after every dose:

An antiscor-
butic distil-
led water.

Take of the roots of horse-radish sliced, three ounces; garden scurvy grass, twelve handfuls; water cresses, brook lime, sage and mint, of each four handfuls; the peel of six oranges; two nutmegs bruised; Brunswick beer, or mum, twelve pints; draw off only six pints by distillation.

Venice treacle
a good me-
dicine in this
case, but not
so good as
the electuary

32. Of all the medicines commonly known, Venice treacle* is the best for strengthening the digestive facul-

* Of all the medicines commonly known Venice treacle, &c.
above descri- Though we find our author depends much upon Venice
bed. treacle,

faculties; but as it contains many ingredients that over heat, withal a large quantity of opium, an electuary like that above described may be more commodiously composed of the principal warming and strengthening plants. But care must be had to make choice of such simples, as are most agreeable to the patient's palate, because it must be continued a long time, namely, for the most part of his life. *Of all simples the Peruvian bark is the best;** for a few grains of it taken

treacle, with respect to the assistance it gives in supporting the digestive power, yet he seems here to object to its use on the account of the quantity of opium with which it is impregnated, and certainly this objection is founded in truth; for as Dr. CULLEN observes, "though opiates give "the most certain relief from pain, yet when given in the "beginning of gouty paroxysms, they occasion them to return with greater violence."—*Practice of Physic*, vol. ii. And this observation is supported by experience and reason; for opiates here act only as temporary alleviators of an effect, by the exertion of their sedative and anodyne power, producing afterwards atony, ventricular relaxation, and debility of the digestive power; hence assist in increasing the cause, and preventing a free evacuation of the arthritic matter: but when the paroxysms have abated of their violence, though they still continue to return, occasioning painful and restless nights, opiates may be given with safety and advantage, especially in the case of persons advanced in life, and who have been often affected with the disease. *W.*

* *Of all simples the Peruvian bark is the best, &c.* Though Peruvian bark joined with chalybeates is an excellent medicine, given with intent to strengthen the stomach and digestive powers, yet there are others, which sometimes answer the intention full as well, and may properly supply its place, where bark does not perfectly agree with the constitution, as sometimes happens to be the case; such as lignum quassiae, radix columbae, extractum chamæmeli, ginseng, &c.; and indeed these are much superior, where any visceral obstructions happen to have taken place in those afflicted with this disease. *W.*

morning and evening, strengthen and enliven the blood.

Such medicines serviceable in most chronic diseases,

33. And in reality, these and such like medicines, which strengthen and enrich the blood (provided their heat be not owing to vinous spirits, for reasons hereafter to be given) do most service in this and most other *chronic diseases*; inasmuch as every disease of this kind is in my opinion to be referred to the same general cause; namely, *the indigestion of the humours*.

proved from the difference found between acute and chronic diseases.

34. But as nothing can put this matter in a clearer light than the giving a view of the difference there is between *acute* and *chronic* diseases, it is hoped the reader will not be displeased, if I make a short digression from the present subject. As therefore those diseases are generally deemed *acute* which soon prove fatal, or are speedily brought to concoction; so these are entitled *chronic distempers*, which either require a long time to come to concoction, or never come to concoction at all. And this appears manifest, both from the nature of the thing and the terms employed to express it; but the cause of the dissimilitude between these two kinds of diseases being less obvious, and not so easily discoverable, I conceive it will be worth while to spend some time in a research of this nature; since a clear and distinct notion of these particulars may greatly contribute towards discovering the genuine indications suited to the cure of these diseases.

Acute diseases, how cured.

35. Now, whether the inmost bowels of the earth (if the expression be allowable) undergo various alterations, so as to infect the air by the vapours thence arising, which seems very probable to me; or whether the whole atmosphere be infected

infected by means of an alteration resulting from a peculiar conjunction of any of the planets; certain it is, that the air sometimes abounds with such particles as injure the human body: as at another time it becomes impregnated with such particles as prove pernicious to some species of brutes. During this state of the air, as oft as we receive into the blood by breathing the poisonous corpuscles which are prejudicial to the body, and contract such epidemic diseases, as such tainted air is apt to produce, nature raises a fever, which is the ordinary instrument it employs to free the blood from any noxious matter therein contained. And these diseases are commonly esteemed *epidemic diseases*, and are therefore *acute* and short, because their motion is so quick and violent. But besides these distempers produced by an external cause, there are others not less *acute*, which proceed from some peculiar inflammation of the blood, and which do not arise from any general cause depending on the air, but from some peculiar irregularity, or indisposition of particular persons. This kind of fevers, which happens in most years, I call *intercurrent and sporadic*.

36. But *chronic diseases* are of a very different Whence chronic diseases. nature from these; for though a certain and unwholesome air may greatly contribute to their production, yet they do not so immediately proceed from the air, but generally from the indigestion of the humours, the common origin of all these diseases. For when the *stamina vitæ* are much debilitated, and in a manner worn out, either by age, or by remarkable and continued irregularities in the use of the six *non-naturals*, especially with relation to food and drink; or if

the secretory vessels be so far weakened, as to be no longer able to perform their appointed functions of cleansing the blood, and carrying off its superfluities: in all these cases a greater quantity of humours being collected in the body, than can be digested by the strength of nature; these, by their long continuance in the vessels, undergo various fermentations and putrefactions, and at length appear in a species, occasioning different diseases, according as they are variously vitiated and depraved. And as these vitiated juices differ from one another, so they fall upon the particular part that is best fitted to receive them, and there they gradually manifest those numerous symptoms, which ordinarily proceed, partly from the nature of such juices, and partly from the irregular motion excited in the parts affected; both which causes, in conjunction, constitute that irregularity of nature, which is characterized with the nature of some diseases.

37. Now that most *chronic diseases* chiefly proceed from such an inability of nature to concoct the humours, will manifestly appear, if we reflect that aged persons, whose digestive faculties are impaired, and their spirits, which are the instruments thereof, are wasted by the repeated functions of a long life, are more subject to these diseases than young persons, whose vital warmth is greater, and dissipates those foul humours which are amassed in the body, and whose secretory vessels are possessed of such a constant natural heat, that they may on no account fail of performing their functions of purifying the blood, unless they are burthened and in a manner obstructed by an over-fulness of humours. And farther, that such an indigestion of the humours

humours is the cause of most *chronic diseases*, is clear from hence, that winter is much more apt to generate them than summer; notwithstanding that some do not actually shew themselves till the decline of winter, though the collection of humours whereon they depend, increases the winter throughout, becoming greater by the coldness of the season, and debilitating nature, so as to render her less able to perform the functions of the animal *œconomy*.

38. Hence it is that such as enjoy a good state of health in summer, do notwithstanding rarely escape those diseases in winter, to which they are most subject; as for instance, the *gout*, *asthma*, *cough*, &c. And hence likewise we learn, why travelling into *southern* countries is so effectual to conquer those diseases, the cure whereof is fruitlessly attempted in a colder climate. The truth of what has been delivered concerning the general cause of *chronic diseases*, will be farther confirmed by the remarkable and almost incredible relief obtained by riding on horseback in most *chronic diseases*, but especially in a *consumption*. For this kind of exercise strengthens all the digestive powers, whilst it revives the natural heat by a continual motion of the body, and enables the secretory vessels to perform their function of purifying the blood in a proper manner; whence an amendment of the greatly debilitated digestions must needs follow, and, of course, a healthy state.

39. From the reasons therefore just alledged, it sufficiently appears that such *warm herbs* do great service, where there is no manifest contra-indication, not only in the *gout*, but in most *chronic*

chronic diseases, inasmuch as they procure a warmth like that of summer, even in the midst of winter: though if we accustom ourselves to use them in summer, they will more effectually prevent such diseases as are ordinarily occasioned by the contrary season. And in reality, if we defer, or neglect taking them till the approach of winter, at which time a considerable quantity of humours is amassed, it is to be apprehended it may then be too late to have recourse to this refuge.

Stomachics, when begun not to be discontinued.

40. But though (as I have already shewn at large) the *gout* is of so peculiar a nature, as to be rendered worse by *cathartics*; yet in most other *chronic* diseases *bleeding* is to be repeated, as there is occasion; and purging to be ordered before using the *strengthening* and *stomachic* remedies here commended: but when the patient has begun with them, *they must be continued without any intermediate evacuations*;* for it is always to be remembered, that whenever the cure of any disease is attempted by means of *strengthening* remedies, all kinds of evacuations prove highly pernicious. Lastly, I do not assert that the *stomachic* medicines just enu-

* *They must be continued without any immediate evacuations, &c.* This, without doubt, should be understood with some limitation; for it may not be only convenient, but even absolutely necessary to have recourse to gentle evacuants during a course of *strengthening* remedies, and they may be attended with considerable advantages. Circumstances must decide when and in what manner they are to be given, nor are we to be deterred from making a proper use of them, by a servile deference to any great name. How often, for instance, are they commodiously joined with the *bark*, *steel*, and the like medicines, and thus effect what could not be obtained by either separate?

merated are the most excellent of the kind, but I maintain that whoever happens to discover the most effectual remedy to answer this intention, will be capable of doing much more service in *chronic* diseases than he can well imagine.

41. But amongst the remarks I proceed to communicate, on the cure of the *gout*, this is primarily and chiefly to be attended to, namely, that all *stomachic* or *digestive* remedies, whether they consist of a course of medicines, a regimen, or exercise, are not to be entered upon in a heedless manner, but to be persisted in daily with great exactness. For since the cause in this and most other *chronic* distempers is become habitual, and in a manner changed into a second nature, it cannot reasonably be imagined, that the cure can be accomplished by means of some slight and momentaneous change made in the blood and juices by any kind of medicine, or regimen, but the whole constitution is to be altered, and the body to be in a manner framed anew. For it is otherwise here than in some acute diseases, where a person in full strength and good health is suddenly seized with a fever; whereas in the *gout*, a person by indulging himself in high feeding, hard drinking, neglecting his usual exercise for several years running, and wearing out his constitution by sloth and idleness, or by hard study, and close thinking, and other errors of life, does at length, in a manner purposely, injure the various ferments of the body, and oppresses the animal spirits, which are the principal instruments of digestion, whence the vitiated juices, amassed in the habit, break out as soon as they come to their height, and do much mischief,

mischief, relaxing the fleshy parts, and weakeir-
ing the joints, so that they readily receive the
humours thrown upon them. And in this man-
ner a different constitution is formed by degrees,
the original natural one being quite destroyed.
And those fits which engrofs the attention of
indiscreet and unthinking persons, are no more
in effect than the succession and order of symp-
toms resulting from that method which nature
ordinarily employs to expel the morbific mat-
ter. Hence, therefore, *it is a fruitless labour*
*to attempt the cure of this disease** by using any
medicine or regimen occasionally: for since this
habit is chiefly founded on, and consists in a
weakness of all the digestions, and a relaxation
of all the parts; both these disorders must be
remedied, and the strength of the digestive

* *It is a fruitless labour to attempt the cure of this disease, &c.* If we well consider the whole of this paragraph, we shall find it supported on the firm basis of truth; for chronic diseases which have been long in establishing themselves, affect the constitution so generally, and get so firmly rooted in the habit, that it requires a series of time before they can be eradicated: and though it is extraordinary that men, who from committing indiscretions of various sorts for years, should expect to be relieved almost immediately by the assistance of the medic art; yet it is much more singular that any practitioners can be found to flatter their patients with such delusive hopes; but so it is — the vain and ignorant, multa promittunt, pauca efficiunt. To the judicious and candid, patients therefore should submit themselves with cheerfulness, and pursue the methods laid down to them with attention and exactitude, in the end they will find benefit; for diseases of this sort are only to be conquered by meliorating the constitution, by putting it into a state capable of performing its different functions with ease and freedom; and obviating such mischiefs as have been occasioned by excess persisted in for years; all which will require much time and great judgement to accomplish. W.

powers,

powers, as well as the tone of the parts, restored and recovered by degrees to the former healthy state of the body. But though it may seem impossible to compass this end effectually, not only because any particular habit cannot easily be changed into a contrary one, but also, because old age, which ordinarily accompanies this disease, greatly obstructs this design; yet the cure is to be attempted as far as the strength and age of the patient will permit, who will have the *gout* more or less severely the farther he declines from, or the nearer he approaches this state.

42. Furthermore it is to be observed, that ^{Digestive} remedies, either of the medicinal, or ^{remedies to be used} dietetic kind, are to be used chiefly in the intervals of the *gout*, and at as great a distance as ^{chiefly in} the intervals ^{of the gout} may be from the subsequent fit. For age obstructs the cure so much, that the strengthening the digestive powers, the recovering the debilitated ferments of the body, and restoring the blood and *viscera* to their due healthy state, cannot be speedily accomplished, and requires a continued use of medicine.

43. But though these and the like remedies ^{A suitable} may do service, yet they are not able alone to ^{regimen to be joined} answer this intention of strengthening, but need ^{with them.} the joint assistance of such things as do not properly belong to medicine; it being an error to imagine that this, or any other *chronic* disease, can be cured by medicine only. (1.) Therefore moderation in eating and drinking is to be observed, so as on the one hand to avoid taking in more aliment than the stomach can conveniently digest, and of course increasing the disease thereby, and on the other hand defrauding the

the parts, by immoderate abstinence, of the degree of nourishment requisite to keep up the strength, which will weaken them still more; either of these extremes being equally prejudicial, as I have often experienced both in myself and others. (2.) As to the quality of the food, though whatever is easy of digestion, singly considered, deserves the preference, yet regard must be had to the palate and appetite, because it is frequently found that what the stomach earnestly covets, though of difficult digestion, does nevertheless, digest better, than what is esteemed of easier digestion, if the stomach nauseates it; but for this reason indigestible aliment should be used more sparingly. (3.) I am of opinion that the patient ought to eat only of one dish at a meal, because feeding on different sorts of flesh injures the stomach more than eating an equal quantity of any one kind; but excepting flesh he may eat other things at pleasure, provided they be not sour, salt, or spiced; because, though such food does not hurt digestion, it nevertheless does mischief by putting the morbid matter in motion.

Only one
meal a day
necessary.

44. As to the times of eating, only dining is necessary; for as the night should seem peculiarly designed to digest the humours, it would be wrong to waste that time in digesting the aliment. For this reason gouty persons should forbear suppers, but they may drink a large draught of small beer,* as being generally subject to the stone

* But they may drink a large draught of small beer, &c.
" This," says Dr. SWAN, " may, perhaps, chill some
" stomachs, and breed acidities, whence a draught of small
" white-

stone in the kidneys; the growth whereof is considerably obstructed by drinking such a liquor at this time, as it cools and cleanses the kidneys.

45. A *milk diet*, or the drinking milk, either as it comes from the cow, or boiled, without adding any thing to it, except perhaps a piece of bread once a day, hath been much used these twenty years past, and hath done more service in abundance of *gouty* subjects, whilst they persist in it exactly, than all other kinds of remedies. But upon quitting it, and returning to the ordinary way of living of healthy persons, though they used the mildest and slenderest

“ white-wine whey drank warm, or something of the like kind, should seem a much better liquor for this purpose.” But will not the same objection with respect to generating acidities lie against these also? If we can place confidence in the accounts of several intelligent men, we should be led to prefer water impregnated with a proper proportion of sulphur, as it is free from any of the inconveniences above specified, and has proved salutary in mitigating paroxysms of the gout, nay, some say of totally preventing their return: indeed if we consider the action of sulphur on the habit, we shall not be averse to think favourably of its use. Dr. CULLEN says, “ It is certainly a mild and safe cathartic, never producing any considerable evacuation, but keeping up the natural excretion without any irritating or heating effects.” And Dr. LEWIS, “ That pure sulphur in doses of from ten grains to a dram or more, gently loosens the belly, and promotes perspiration. It seems to pass through the whole habit, and manifestly transpires through the skin, as appears from the sulphureous smell of persons who have taken it, and silver being stained in their pockets to a blackish hue, as by the vapour of sulphureous solutions.” On these accounts, as this solution is diluent, perspiratory, and aperient, nor creative of any debility of the digestive powers, it seems well calculated to be productive of utility, and may be tried with advantage. *W.*

diet,

diet, the *gout* immediately returned with more violence than ever; for as this regimen weakens the constitution, the patient cannot so well struggle with the distemper, whence of course it proves more dangerous and lasting. Whoever, therefore, intends to pursue this regimen, ought beforehand to consider maturely, whether he be able to persevere in it for life, which perhaps he will find too much for him, though he should be a person of great resolution. For I knew a nobleman, who, after living a whole year on milk only with much pleasure, during which time he had one or more motions every day, was constrained to leave it off, because he grew costive on a sudden, the temper of his body altered, and his stomach at length nauseated *milk*, though he had still a liking to it. Again, it is observable that some *hypochondriac* persons of a gross habit of body, or those who have been long used to drink spirituous liquors freely, cannot bear milk. And farther, the short and fleeting benefit which those who can bear milk receive from this regimen, is not only derivable from its exceeding simplicity, whence I doubt not but water gruel may have the same effect, provided the stomach will bear it, but from its rendering the blood softer and smoother, by blunting the sharp particles contained in the mass; and moreover, which I esteem the principal thing, *milk* being an aliment that is absolutely unfit for grown persons, represses the turgescence or plenitude of the humours which occasions the *gout*; and for this reason the few with whom it agrees, escape this disease so long as they live upon *milk* only, but no longer. For as it runs directly counter to the original cause

cause of the *gout*, which is the debility of the digestions and ferments, it does much more mischief in this respect than benefit in the other. And for want of attending sufficiently to this particular, some inconsiderate persons* have fallen into gross

* And for want of attending to this particular, &c. Much has been said for and against a *milk diet* in this and other chronic diseases by practical writers, so that it must be left to farther experience to determine the affair. In general, it is observed to weaken the digestive powers, and consequently impoverish the blood and juices, whence proceed troublesome inflations of the stomach, obstructions of the *viscera*, a paucity and lowness of spirits, and abundance of *hypochondriac* symptoms, especially in aged and weak persons, which frequently prove as obstinate, and more afflicting than the original disorder. Besides, the *gout* may by this means be repelled, and fixed upon some of the internal parts, for want of sufficient strength in the constitution to throw it upon the extremities, which is always accompanied with great danger, and doubtless has proved fatal in many cases. Or otherwise, it may only tend to keep off the *gout* for a time, and by debilitating nature in a great degree, render the patient less able to bear up under it for the remainder of life. In reality it is to be feared that it will be found only a *palliative* cure at best; so that it deserves to be well considered, whether, in order to obtain a temporary relief, it be worth running the hazard of the dangerous consequences often attending it.

LEWIS is of opinion that milk is a *palliative*, whilst its use is continued for the only aliment, in gouty cases, not inveterate. And Dr. CULLEN says, "There is a certain disease whose proper salutary form is that of inflammation, I mean the *gout*. There is no method of curing, I had rather say, preventing this, but by avoiding this inflammatory tendency by a proper regulation of diet. The inflammatory form, which I said was the salutary one, is also attended with a weakness of the nerves, so that in our prevention we should weaken the system too much, as would be done by vegetables, and therefore milk may be employed with advantage; however it may be a question, how far, and in what cases, we ought even to obviate the *gout*, which is often a constitutional

gross and manifestly fatal errors; having, by attempting to conquer the containing cause of the disease, namely, the heat and acrimony of the humours, destroyed the digestions, and all the natural functions.

*Small beer,
the best li-
quor in the
gout.*

46. As to liquors, those are best, in my opinion, which are weaker than wine, and not so weak as water; such as our *London* small beer hopped, or unhopped, extremes on either hand being pernicious. For, (1.) as to *wine*, though the common proverb intimates that whether a person does, or does not drink wine, he will have the *gout*; yet it is certain, and confirmed by the experience of abundance of *gouty* patients, *that wine is in fact detrimenal.** For though

“ disease, and has taken deep root in the system, and if
“ prevented in its native inflammatory form, as it may
“ often be by weakening too much, and so will appear in
“ other more pernicious ones; but there can be no ob-
“ jections in attempting this by milk; however, that at-
“ tempt ought not to be made, but very early in life, and
“ then if this diet be used, with proper exercise, tempe-
“ rance, and avoiding of venery, there may be expec-
“ tations of success; for in the decline of life after one has
“ been used to high living, this low diet is often attended
“ with pernicious consequences.”—*Materia Medica, 4to.*
Lond. 1772. W.

* *That wine is detrimenal, &c.* Dr. Cadogan, a writer of experience, says, that wine undoubtedly produces nine in ten of all the gouts in the world, therefore it must be avoided, or taken very sparingly or seldom, nor can there be any doubt of the truth of this assertion; for we find on observation, that those people who drink copiously of brandy, rum, geneva, porter, or other malt liquors, even to daily intoxication, are seldom troubled with the *gout*. Still in many cases a rigid prohibition from wine may be detrimenal, particularly in those who have cold stomachs, low spirits, or far advanced in life, its moderate use is to them beneficial; but then their wine should be genuine, not the horrid

though it may be supposed to do service by strengthening the digestive powers, the weakness whereof I have long looked upon as the antecedent or *primary* cause of the *gout*; yet, with respect to the containing cause thereof, it must be deemed wholly pernicious, because it enflames and agitates the humours, which feed the disease. Neither do we grant that *wine* Wine con-
defined. used by way of common drink helps digestion, but rather assert, that it destroys it, unless in such as have drank it for a long time. For though wine may, in passing through the vessels, communicate some heat to the parts, yet it certainly depraves the ferments of the body, and wastes the natural spirits: and hence I conceive it is that great drinkers generally die of the *gout*, *palsy*, *dropfy*, and other cold diseases: Furthermore, the continued and immoderate use of wine relaxes and enervates the body, rendering it like the bodies of women; where-

horrid deleterious compositions which are sold for wine, and manufactured by numbers of the wine merchants at this time. They ought to be ranked in the class of poisons, particularly if drank by those who are disposed to the *gout*; for they are little more than a mixture of unfermented vegetable juices mixed with cyder, brandy, and sugar of lead, or some other saturnine preparation; than which nothing can be more mischievous to the constitution, as it certainly and rapidly weakens the tone of the stomach, debilitates the digestive powers, retards perspiration, renders the habit costive, hurts the secretory organs in general, disposes greatly to the generation of arthritic acrimony, and lays the foundation for every species of chronic diseases. How infamous! that men can forget the duty they owe to their fellow creatures, and become base and daring enough to amass wealth at the expence of their health, by converting one of the blessings intended by Heaven for the benefit of mankind, to one of the greatest curses. "Sed, quid non
" mortalia pectora cogis, auri sacra fames?" W.

as moderately heating liquors strengthen the tone of the parts ; whence such as have always drank small liquors are rarely afflicted with the *gout*. It must farther be noted, that those are chiefly subject to this disease, who, though they have naturally a weak digestion, do, notwithstanding, receive too much nourishment from a certain richness of the blood, and grow more bulky by a kind of indigested matter, instead of a solid wholesome substance. And the use of wine adds to this richness of the blood, and so not only amasses a new collection of matter, but also actually occasions the disease, by stirring up the cause of it, which had long lain concealed and inactive. Again, as the blood of *gouty* subjects nearly resembles that which is taken away in a *pleurisy*, and other inflammatory diseases, it is absurd to inflame it more with spirituous liquors. And it is as dangerous, on the contrary, to have recourse to over-cooling liquors ; which, by utterly destroying both the digestion and natural heat, do more mischief, not occasioning pain, as wine doth, but death itself ; as experience shews in those persons who having used themselves to drink wine freely from their youth upwards to old age, and quitted it of a sudden for water or small liquors, have soon destroyed themselves thereby.

47. *Gouty* persons should therefore make it a rule in this particular, to drink such liquors as will not inebriate, if drank in a large quantity, or injure the stomach by their chilness. Of this kind, as I before hinted, is our *small beer* ; and in other countries a similar liquor may be made by diluting wine well with water. As to *water* alone, I esteem it crude and pernicious, and have

*Water, bad
for the aged,
but may be
safely drank
by young
persons.*

have found it so to my cost; but young persons may drink it with safety, and it is at this day the common drink of the greatest part of mankind, who are happier in their poverty, than we are with all our luxury and abundance. This is confirmed by the great multitude of diseases with which we are afflicted upon this account, as the *stone*, *gout*, *apoplexy*, *palsy*, &c. besides the injury done to the mind, in being drove from its natural rectitude, by the disturbance which the fiery spirits of such liquors, together with the animal spirits which assist the thinking powers, occasion, by volatilizing the mind too much, and suggesting vain and idle notions, instead of solid and weighty reasonings, and thus at length rendering us drolls and buffoons instead of wise men; between which the difference is almost as great, as between a substance and a shadow.—But enough of this.

48. But though, a person who has the *gout* An inveterate gout incurable without restraining all fermented liquors. mildly and only at intervals, need only use *small beer*, or *wine* diluted with water, this degree of the disease not requiring a stricter regimen; yet when the whole substance of the body is in a manner degenerated into the *gout*, it cannot be conquered without a total abstinence from all kinds of fermented liquors, how small and smooth soever they be; inasmuch as all liquors of this kind contain a pungent spirit, with some degree of acrimony; and, what is worse, being possessed of a ferment, they dispose the humours to a perpetual fermentation, in the same manner as yeast added to malt liquors communicates its fermenting quality to the whole liquor. *For this reason a diet drink is* A diet drink, commended to

to be ordered * for common drink, to be made of those ingredients which are usually known and applied to this purpose; but it must not be too strong, because in that case it will inflame the humours as much as wine; neither, on the contrary, must it be so small as to injure the natural functions by over-cooling. And this kind of drink, provided it be made of such ingredients as the patient most likes, though it may occasion some loathing for the first week or fortnight, does nevertheless prove as agreeable

* *For this reason a diet drink is to be ordered, &c.* The chief ingredient in the diet drink prescribed by our author is farsaparilla; on the efficacy of which many have great dependence, whilst others consider it of little use. Dr. CHEYNE recommends a weak decoction of the root of the bark of farsa, as in the bark the virtues of the plant, according to his opinion, consists.—Dr. LEWIS says, “That many have denied farsa to have any virtue at all, and supposed that it could do no more, than by its farinaceous softness, to obtund the force of the gastric fluid, and thus weaken the appetite and digestion. It however appears from experience, that though greatly unequal to the character it bore at first; yet in many cases strong decoctions of it drank plentifully; and duly continued, are of very considerable service for promoting perspiration, and what is called sweetening and purifying the blood and humours.”—*Materia Medica.*

Dr. CULLEN asserts, “That the farsaparilla has little sensible qualities, and any that it has are not obtained but by long coction; so that upon the ordinary method of reasoning it ought to be thrown out of practice; still from the reputation it has gained in assisting the use of mercury, and in curing the venereal disease, he allows there is sufficient foundation for retaining it in practice; but a very strong impregnation and decoction of this plant is necessary to render it beneficial.”—*Materia Medica, 4to. London. 1772.*—However, relying on experience, we may conclude that decoctions of farsa are diluent and perspiratory, and as such extremely useful in promoting the intention of our author. *W.*

afterwards,

afterwards, as any other liquors he has been used to drink. It will likewise quicken the appetite, and render it more natural than it used to be with fermented liquors; and will be attended with this farther convenience, that whoever uses it for his common drink, may indulge more freely in other kinds of diet, than when he drank wine or beer: for the errors in point of diet, which it is hardly possible to avoid entirely, will be in some measure corrected and amended thereby. But the principal benefit derivable from it, is being preventive of the *stone*, which is the general attendant of the *gout*; as all sharp and attenuating liquors both contribute to breed the *stone*, and occasion a fit thereof. I prefer the following decoction for its agreeable colour and taste:

Take of *sarsaparilla*, six ounces; *sassafras wood*, ^{A dietetic decoction.} *China root*, and the *shavings of hartshorn*, each two ounces; *liquorice root*, an ounce; boil them together in two gallons of *spring water* for half an hour; afterwards infuse them upon hot ashes close covered for twelve hours; then boil them till a third part of the liquor is exhaled; and as soon as it be taken off the fire, infuse therein half an ounce of *anniseeds* for two hours; lastly, strain it off, and let it rest, till it becomes clear, and put it into bottles for use.

49. It is properest to begin with this decoction immediately after the fit of the *gout* is gone off, and it must be continued, both in the fit and intervals, during the remainder of life. For it is not sufficient at a time when the disease actually rages to study for new medicines, as

nature, whilst the humours are in such commotion and disturbance, cannot well bear the exchange of fermented liquors, of an active and spirituous quality, for such as are small and without spirit. At the same time the above-mentioned electuary must be taken every day, both in the fit and in the intervals; for the warmth of this will in some measure correct the smallness of the diet drink, as it will communicate a due degree of heat to the blood and *viscera*, without the agitation which is generally occasioned by the heat of fermented liquors.

Arguments
in favour of
a total ab-
stinance
from wine
and ferment-
ed liquors.

50. If it be objected that a total abstinence from wine and other fermented liquors would render life in a manner insupportable, I answer, it must be considered, whether it be not much worse to be tortured daily by the pain accompanying an inveterate *gout* (for when it is gentle there is no need of so strict a regimen) than to be confined to this decoction; which, if the patient continues, he may indulge himself in most other kinds of aliments; not to repeat now that this drink, like all other things, grows pleasant by custom. Doubtless, whoever hath had this disease, if he is not void of reason, will not hesitate at all to which to give the preference.

If wine be
necessary,
Spanish
wine is best.

51. But notwithstanding, if the patient, either (1.) from a long continued and immoderate use of intoxicating liquors; (2.) or by reason of old age; or (3.) great weakness, cannot digest his food without wine, or some other fermented liquor, it is certainly dangerous for him to leave off wine on a sudden; an error that has in reality destroyed abundance of people. Such a person, therefore, in my opinion,

opinion, should either not use the *dietetick apozem* above prescribed ; or, if he be resolved to take it, should accustom himself to it by degrees (drinking a glass of wine for some time at meals) and rather by way of medicine than diet, till it becomes more familiar to him. *But Spanish wine is to be preferred here to Rhenish* or French wine*; these last being apt to exasperate the humours, and increase the morbid matter; notwithstanding they are very grateful to the stomach. To which we may add, that as they are almost as crude and indigested as our cyder, they are consequently not so warm and cordial as the case demands. And these particulars shall suffice concerning the diet of gouty persons.

52. There is another caution to be inculcated, which, though it may seem trifling, is of great moment, both in order to digest the gouty matter during the fit, and also to prevent the generation thereof in the intervals; and that is, going to bed early, especially in winter. For, next to bleeding and purging, nothing impairs the strength more than sitting up late a-nights; which every valetudinarian

Going to bed
early in win-
ter, recom-
mended.

* *But Spanish wine is to be preferred here to Rhenish, &c.*
If wines are drank at all they should be such as are most perfect, and most agreeable to the stomach, which in moderate quantity warms that organ, exhilarates the spirits, gently promotes circulation of the fluids to the surface of the body, and perspiration; for they are of no use but in debilitated constitutions, or in such where the tone of the stomach and digestive powers are weakened; and the circulation of the fluids is languid; besides they should be such as maintain their action the longest; hence, old genuine port seems the most eligible, or stout bodied claret; the thin acescent wines answer not the purpose. *W.*

can

A Treatise of the Gout.

can affirm from his own experience, provided he has only carefully observed how much more vigorous and cheerful he rose in the morning when he went to bed early, and how languid and faint he has found himself after sitting up late. And though there may seem to be no difference betwixt going to bed earlier or later, provided a person lies in bed the same number of hours; as, for instance, whether he goes to bed at nine and rises at five, or at eleven and rises at seven; yet it is not so, and, I conceive, for this reason principally, namely, that in the day the spirits are dissipated, either by exercises of the body or mind, which are so weak, in sickly persons, that they require the assistance of sleep earlier in the evening; and as the approach of night occasions a kind of relaxation of the animal œconomy, the tone of which was kept up in the day by the heat of the sun, the warmth of the bed becomes necessary to supply the place of the sun, especially in the winter season. But the spirits being refreshed and invigorated in the morning by the preceding night's sleep, together with the warmth of the bed, and the ensuing day likewise strengthening the tone of the parts still more, the rising early at this time, though it may take an hour or two from the morning sleep, hurts the constitution less than sitting up an hour or two later in the evening. For this reason I would advise such as are subject to the *gout* to go early to bed, especially in the winter, and to rise betimes in the morning; though their having had less sleep than usual may incline them to lie longer, in order to get it up. For the sleep which is got in the morning will rob them of as much the next night; and

and thus at length by doing violence to nature, and despising its wise dictates, the night may be preposterously turned into day, and the day into night.

53. *The patient must likewise use his utmost endeavour** to keep his mind easy, for all disquieting

The mind to
be kept easy.

* *The patient must also use his utmost endeavour, &c.* Whoever, says Hoffman, would live free from gouty pains ought to refrain from weighty cares, the labours of the mind, much thought, anxiety and solicitude. All immoderate passions of the mind eminently and speedily disturb the regular healthful functions of the body, and throw the animal œconomy into disorder and confusion, by more than ordinarily accelerating or retarding the circulation, as either the raising or depressing passions take place, and thus not only occasion a great variety of obstinate and dangerous diseases, but likewise dispose us much more to the attacks of those, to which we are subject from other causes.—It is of exceeding great moment, therefore, to the general health of the body, to use our utmost endeavours to keep the mind tranquil, easy, and cheerful, to render the passions subservient to reason and mild philosophy, and to restrain them within the limits assigned them by religion; and more particularly so to those whose frame is weakened, and constitution impaired by some deep-rooted chronic disorder, and who must consequently be so much more grievously injured by every pernicious excess of this kind.

Amongst the causes which are said to occasion the gout, Dr. CADOGAN enumerates vexation; which, he says, is a very fruitful parent of many bodily evils, producing generally diseases of inanition, much more difficult, not only to be cured, but relieved, than those which we suffer either from indolence or intemperance; and that every degree of vexation, whether in the shape of anger, envy, resentment, discontent, or sorrow, has most destructive and deleterious effects upon the vitals of the body, whether sudden and violent, or slow and lasting long.

The first immediate effect of violent grief or vexation is to take off the action of the stomach entirely; because the animal spirits, or action of the nerves, whatever be the secret cause of their power, is called off to supply and support the tumultuous agitation of the brain and the stomach, with

ing passions, if they once become immoderate, greatly dissolve the texture of the spirits, which are the instruments of digestion, and so of course increase the *gout*. He should, therefore, wisely reflect on his mortality, and not vainly imagine he is to escape the evils that are necessarily annexed to this state; for, whether any affliction of mind befalls him through his own fault, or that of others, certain it is that he will never be able to prescribe laws to the world, which has not always obeyed any single person hitherto, how powerful and wise soever he hath been;

with all its appendages, and their secretions, is left powerless and paralytic, and must therefore either act convulsively or not at all; besides this, the whole circulation of the blood is disturbed; the contraction and dilation of the heart are broken and uneven; the heart flutters, palpitates, now is overloaded with blood, and in danger of suffocation, now receives none at all; consequently all the secretions must be as irregular, some of the glands receiving too abundant a supply that either hurries through, or suppresses and overpowers them, others none at all. In flower, more silent, but longer continued grief, the effects are similar, but not so violent. Many little strokes repeated will do the same thing in time, that a great blow does at once; the function of the stomach will be more gently perverted and disturbed, its juices vitiated, and all its contents will for ever turn sour, bitter, or rancid; so that no mild, milky chyle, or wholesome material of nourishment can ever come into the blood; hence must they who vex long, certainly want nourishment, particularly as there can be no sleep in this state of mind. Vexation, therefore, operating in this manner upon the organs of digestion and concoction, disturbing and obstructing the natural progress of nutrition, and debilitating the system, must often produce diseases similar to those of long continued intemperance; its first effect being indigestion, with all its symptoms; wind, eructation, heartburn, hiccup, &c. It is no wonder, therefore, it should sometimes bring on a fit of the gout, which is manifestly a disease of crudity and indigestion, and often the gout in the stomach and bowels. *W.*

nor

nor will every thing always answer any body's expectation so exactly, as he vainly hoped they would, but whilst he is engaged in regulating his affairs, of a sudden he becomes an example of human frailty, and unreasonably deprives himself of the transitory enjoyments of life. Too much application to study and business is likewise equally pernicious; for as this disease is oftener accompanied with melancholy than any other, such as are subject to it ordinarily fatigue and oppress the spirits to that degree, by long and intense thought, without the artificial help of reading, so that the body cannot longer preserve itself in a healthy state: and hence I conceive it is, that few fools have had the *gout*.

54. But nothing so effectually prevents the indigestion of the humours, (which I esteem the principal cause of the *gout*) and consequently strengthens the fluids and solids, as *exercise*. It must, however, be observed, as I have already mentioned, that as there is more necessity for making a thorough change in the constitution in this than in any other *chronic* disease, so exercise, unless it be used daily, will do no service; for if it be intermitted at *times*, it will avail little towards changing the constitution now reduced to a languishing and tender condition by idleness and indulgence, and may perhaps do mischief by causing a fit, after leaving it off for a considerable space of time. But exercise should be moderate, because the contrary in aged persons, who are chiefly subject to the *gout*, wastes the spirits too much, and consequently hurts the concoctive powers, which are strengthened by continued and gentle exercise. And though a person may think this hard, who, besides old age,

age, inability to motion, and indolence, which is in a manner natural in this disease, is likewise tormented with pain, yet if exercise be omitted, all the remedies which have hitherto been discovered will not at all avail. And as the intervals between the fits cannot be long, without constant exercise, so the patient will likewise be more subject to the *stone*, which is a more dangerous and painful disease than the *gout*.

The chalky
concretions
increase
without ex-
ercise.

55. To these we subjoin another momentous particular, namely, that the chalky concretions are considerably increased in the joints, and especially in the fingers, by long inaction; so that at length these parts quite lose their motion. For however positively some may assert, that the matter of these concretions is only the *tartar* of the blood translated to the joints, it will nevertheless easily appear, upon considering the thing with a little more attention, that when a large quantity of indigested *gouty* matter falls upon some of the joints, and occasions a lasting swelling of the neighbouring parts, it happens at length, partly from their assimilating property being destroyed, and partly from the obstruction caused therein, by this sluggish humour, that this matter is generated, which is changed into this kind of substance by the heat and pain of the joint, and increases every day, converting the skin and flesh of the joint into its own nature, and may be picked out with a needle, and resembles *chalk*, *crab's eyes*, or some similar substance. But I have experienced, in my own particular, that not only the generation of these concretions may be prevented by daily and long continued exercise, which duly distributes the

gouty

gouty humours throughout the whole body, that otherwise readily attacks a particular part, but it also dissolves old and indurated concretions, provided they be not come to such a degree, as to change the external skin into their substance.

56. As to the kind of exercise, *riding on horseback* is certainly the best, provided it be not contra-indicated by age, or the *stone*; and indeed I have often thought, if a person was possessed of as effectual a remedy as exercise is in this and most *chronic* diseases, and had the art likewise of concealing it, he might easily raise a considerable fortune. But if riding on horseback cannot be used, frequent riding in a coach answers almost as well; and in this respect, at least, the generality of *gouty* persons have no cause to complain, because their riches, which induce them to live in such a luxurious way as occasions the disease, enable them to keep a coach, in which they may take the air, when they cannot ride on horseback. It must be noted, however, that a healthy air is vastly preferable to an unhealthy one for this purpose; thus the country is better than the town, where the air is full of vapours that exhale from the shops of different mechanics, and rendered still denser by the closeness of the buildings, as it is in *London*, which is esteemed the largest city in the universe. But the great difference there is between using exercise in the country, or in town, a *gouty* person will soon find upon trial.

57. *With respect to venery, if the gouty patient* ^{* Venery to be refrained.} *be in years, and so destitute of a sufficient share* ^{of}

* *With respect to venery, if the gouty patient, &c.* It has been allowed by medical writers of all ages, that nothing

of spirits to promote the digestions, and his joints and the neighbouring parts consequently too much debilitated and relaxed, without any assistant from this destructive quarter; in this case, I say, it is as imprudent for such a one, in my opinion, to indulge those pleasures, as it would be for a person after having engaged to go a long journey, to spend all his stock of provisions before setting out. Moreover, besides the mischief he does himself for want of restraining the languid inclinations of declining age, he loses the great privilege of enjoying that exquisite satisfaction, which by the particular indulgence of nature is reserved for the aged only, who, towards the period of their lives, are freed from the violence of those passions, which like so many savage beasts, preyed upon them perpetually

thing relaxes the solids, weakens the nervous influence, or debilitates the whole system more universally than immoderate venery. CELSUS says, speaking on this subject; “Rarus, corpus excitat; frequens solvit;” and HOFFMAN, Of all those things which weaken the force and vigour of the nervous and moving powers of the machine, immoderate venery deservedly holds the first place; for the semen, as it derives its origin from the finest and spirituous lymph in the blood, so if it is too intemperately exhausted, it cannot happen otherwise but the fluids must lose their subtlety and bland volatility, and the solids their vigour and elasticity, so that all the functions of the body will from thence suffer no small injury: besides it is well known, that the gout very often owes its origin to this inimoderate use of venery alone, and that all arthritic and podagric patients, on account of that subtle stimulating salt contained in the lymph and blood, are more prone to venery than others, and therefore by more and more enervating the powers of the constitution render the disease more obstinate.—*De dolore Artibritico, &c.* vol. ii.—On which account consequently the prohibition, from too frequent gratification in this point, is highly judicious, and ought to be observed, however difficult the task, by all those who are subject to gouty affections. *W.*

in youth, the gratification of them being by no means an equivalent for the long train of evils, which either accompany, or follow it.—And let this suffice for the regimen.

58. But though a *gouty* person by carefully observing these rules relating to diet, and the rest of the *non-naturals*, may prevent violent fits, and so strengthen the blood and solid parts, as to free himself from that multitude of evils, which renders the disease not only intolerable, but in the end fatal; yet, notwithstanding, after some intervals, he will sometimes be seized with the *gout*, especially towards the close of winter. For though in the summer season, whilst the tone and strength of the blood are increased and preserved in that state by the heat of the sun, and perspiration goes on in a proper manner, the digestions must needs be much better performed than in winter; yet, as the blood is weakened and perspiration obstructed upon the approach of this season, there must needs be a copious indigested matter amassed, which at length, by its long continuance in the habit, will form a *species*, manifesting itself by proper symptoms, and giving a fit upon the first occasion, either by the humours being put into motion by the nearer approach of the sun, the use of wine, violent exercise, or any other apparent cause.

59. It is clear from what has been delivered, that *whoever undertakes the cure of this disease, must* endeavour to make a thorough change* be attempted only in t
intervals of the fit.

* *Whoever undertakes the cure of this disease, must, &c.*
Dr. CADOGAN in his Dissertation on the Gout, has laid down some short but salutary rules on this subject; he sup-
poses

of his habit of body, and restore it to its former constitution, as far as age and other circumstances will permit; and this must be attempted only in the intervals between the fits. For when the morbid matter is not only generated, but already thrown upon the joints, it will be too late to endeavour to change it, or to expel it any other way; since it must be expelled by that method only which nature points out, and the business is to be left entirely to her management. This practice obtains in the paroxysms of *intermittents*; which, for the same reason, we do not attempt to remove till the heat be over: for it is equally absurd to be solicitous to take off the heat, thirst, restlessness, and other symptoms of these fevers; as to think the

poses that the gout arises from indolence, intemperance, and vexation; and therefore recommends for the cure, activity, temperance, and peace of mind, occasionally having recourse to such medical assistance as the nature of the oppressive symptoms, and peculiarity of the constitution may require. Indeed these rules may not serve only for preventing the gout, but every other species of chronic complaints, as they almost all originate primarily from affections of the stomach and digestive organs; for nothing contributes to keep that viscus in a sound and healthful state more than temperance, in which term the other two may be enveloped. Consequently, whatever diseases depend on its morbid, or debilitated state, must necessarily be avoided, by pursuing such modes of conduct as will preserve it in such a situation as to perform its functions properly; and those which already exist be alleviated, by correcting any affection under which it labours, which cannot be accomplished but by the moderate use of exercise, an agreeable appropriation of food both with respect to quantity and quality, and a freedom from uneasy mental sensations; which last, from its sympathetic effects, and powers it possesses over the material parts of the human machine, can raise astonishing commotions or disturbance through the system, and particularly on the chylopoetic viscera. *W.*

gout

gout is to be cured by endeavouring only to abate the symptoms, whereas the cure is by this means obstructed and prolonged; for the more the pain is eased, the more the concoc- tions of the humours are prevented; and in the same degree the lameness is relieved, and the expulsion of the morbific matter is checked. Again, the more the violence of the fit is suppressed, the longer it will last, and the shorter likewise the interval will be between the fits, and less free from every degree of the symptoms accompanying this disease; which will be acknowledg'd by any person who has attentively consider'd what we have delivered above in our history of this disease.

60. But though nothing considerable must be attempted in the fit, excepting only that those symptoms are to be relieved which an improper method of cure sometimes occasions; yet, as this disease is unanimously held to arise from a plenitude of humours, it may not perhaps be amiss for the patient to forbear flesh for a few days in the beginning of the fit, and instead of it to use water-gruel, or some similar aliment; for such a slender diet will greatly contribute towards lessening the quantity of the morbific matter, and give nature an opportunity of digesting it sooner: But as constitutions differ considerably, insomuch that some persons cannot bear to abstain from flesh without being immediately seized with a disturbance of the spirits, faintings, and other symptoms of the *hysterick* kind; such therefore will receive hurt by refraining from flesh any longer than the stomach is set against it, which for the most part is only the first or second day of those particular fits, all which joined together

constitute the whole fit, as we have intimated above. But whether the patient eats flesh sooner, or later, he must be very cautious both of eating more during the fit than is requisite to support nature, and of the quality of the food. For great care should be had to guard against every error, either in the quantity or quality of the diet, both solids or liquids, even in the intervals of the fit, and especially in the fit itself. And farther, no little regard is to be had in the intervals to the rest of the *non-naturals*, of which we have discoursed largely above ; and though the pain and great inability to motion may seem to contra-indicate exercise, which I have chiefly extolled in this distemper, the labour must nevertheless be undertaken ; for though the patient may think himself utterly unable to bear to be carried into a coach in the beginning of the fit, and much more so to endure the motion of it, yet upon trial he will soon find himself more easy from such a motion, than he is at home in his chair. Again, if this kind of exercise be used morning and afternoon for some hours, another advantage attends it, namely, it causes him to rest a great part of the nights, which he could not do when he kept constantly within doors ; for very moderate exercise fatigues a *genty* person so much, that he falls a sleep, besides, this kind of exercise is in some degree preventive of the *stone*, which an idle and sedentary life generally occasions. But the principal advantage resulting from the constant use of exercise is, the preventing the loss of motion in the limbs, which seizes several persons after the first or second long fit, occasioned by the contraction of the tendons of the hams and heels ; for when the

the pain has been so violent that they have lain still a long time, not caring to stretch out their legs when it has attacked the knees, they at length lose the use of their legs and feet for the remainder of life, both during the intervals, and in the fits, which nevertheless they do not escape. Again, in aged persons, whose concoctions are considerably vitiated, and who by their long continuance of the disease, have the substance of their bodies in a manner changed into the *gout*, it is not to be expected that the disease can ever be brought to digestion without exercise; for when it exceeds the natural strength, they frequently perish by fainting and sickness, occasioned by the copious morbific indigestible matter, which cannot be assimilated, and destroys them like poison.

61. But notwithstanding *what has been said of Exercise not the usefulness of exercise in the paroxysms of the gout*, * to be used in yet, if the fit be so violent as to sink the patient in the beginning of it (which happens chiefly in those subjects in whom the *gout* is at the height and hath continued in that state for many years) and confine him to his room, it will likewise be proper for him to keep his bed a few days, till the

* *Of the usefulness of exercise in the paroxysms of the gout.* Though exercise to many constitutions may be highly beneficial, yet some caution is necessary in this particular, more than our author has specified. In weakly habits, where the arthritic acrimony is subject to suffer a retrocession, and now and then flies to the head, stomach, or bowels, in the beginning or height of the gouty paroxysms, it is often very dangerous to have recourse to exercise, as it frequently occasions a retropulsion of the gouty matter from the extremities to the more noble parts; in such constitutions, therefore, it is only adviseable in the decline. *W.*

pain abates, and the warmth thereof will in some measure supply the want of exercise; for lying constantly in bed digests the morbid matter more effectually in a few days, than sitting up does in many, especially in the infancy of the disease, provided that the patient can forbear flesh without faintings, and other bad symptoms, and be contented only with water-gruel, small beer, and the like. But it is well worth noting, that if the *gout* be inveterate and disposes the patient to faintings, gripings, a looseness, and the like symptoms, as he is in great danger of being destroyed by one of these fits, unless he uses exercise in the open air: for abundance of *gouty* persons have been carried off by those symptoms which they have been subject to, from being confined within doors, and especially in bed, who had lived longer if they would have born the fatigue of riding in a coach most part of the day. For, though a person who is afflicted only with a pain of the limbs, may keep his room; yet another who, instead of violent pain, is troubled with sickness, and the other symptoms above enumerated, cannot do the same without endangering his life. And in effect, it is well for the patient, that there is no great need of motion, or exercise, as long as the pain continues so severe, that he cannot bear it; his life being secured by the pain, which is the sharpest remedy in nature.

The dangerous symptoms to be relieved.

62. *But as to the symptoms of the gout;** we are to

* *But as to the symptoms of the gout, &c.* In this and the three following paragraphs we shall find some of those varieties which modern nosologists have stiled the irregular gout, though our author here considers them only as symptoms,

to relieve those which threaten life, the most frequent of which are the weakness and faintness of the stomach, with gripings, as if occasioned by wind; and these happen either to those who have

symptoms, and have arranged them under different heads. *See Note *, page 188 of this volume.* Whence we shall discover, that their difference consists in the concomitant circumstances only. Where the atony has taken place, and the inflammatory re-action does not succeed, the atony continues in the stomach, or perhaps in other internal parts, producing the ATONIC GOUT; when the atony takes place, and the re-action also and inflammation has succeeded, but from causes either external or internal, the tone of the extremities, and perhaps of the whole system, is weakeried; so that the inflammatory state before it had either proceeded to the degree, or continued for the time requisite for restoring the tone of the system, suddenly and entirely ceases. Hence the stomach, and other internal parts, relapse into the state of atony, and perhaps have this increased by the atony communicated from the extremities; these circumstances constitute the RETROCEDENT GOUT. When to the atony usually preceding, an inflammatory re-action fully succeeds, but has its usual determination to the joints by some circumstances prevented, and is therefore directed to an internal part, where it produces an inflammatory affection, this creates the MISPLACED GOUT. These distinctions are judiciously formed by Dr. CULLEN, and are necessary to be adverted to, as they demand a different treatment.—If the affection of the stomach here mentioned by our author should be from atony only, we must endeavour to give strength and tone to the system in general, and to the stomach in particular, and at the same time avoid all debilitating causes, such as we have before enumerated.

Frequently riding on horseback and walking is useful in giving strength to the system, and cold bathing may also answer the same intent, if it powerfully stimulates the habit, and be not applied when pain threatens the extremities. Some animal food is allowable, and acescent vegetables ought to be prohibited, in order to support the tone of the system; and also some wine may be administered in moderate quantity, and of the generous kind, or ardent spirits and water, if wine is disposed to turn acid upon the stomach,

have had the *gout* many years ; or to those who, though they have not had it long, have nevertheless brought it on too hastily by quitting spirituous

Bitters and Peruvian bark are admirable for strengthening the stomach ; but they should not be employed for any length of time ; but, agreeable to the opinion of Dr. CULLEN and some others, iron, and some of its preparations, are most effectual for this purpose ; the Doctor prefers the rust in fine powder, which may be given in very large doses : aromatics he also recommends, but at the same time enjoins caution in this respect, as the frequent and large use of them may have opposite effects ; he advises them therefore only to be given in compliance with former habits, or for palliating present symptoms. But should the stomach be liable to indigestion, gentle vomits may be frequently given, and proper laxatives should always be employed to obviate or remove costiveness. In these cases, or where people are subject to them, cold should be guarded against, particularly a warm climate during the winter season is recommended. In more violent cases, continues the Doctor, blistering the lower extremities may be useful ; but that remedy should be avoided, when any pain threatens the extremities ; and in persons liable to the atonic gout, issues may be established in the extremities, as, in some measure, a supplement to the disease. *Practice of Physic*, vol. ii.

But should it be from a retrocession of arthritic matter, the same author advises relief to be instantly attempted by the free use of strong wines, joined with aromatics, and given warm, or in case of these failing, ardent spirits in strong doses may supply their place. Dr. SWAN says, a large glass of brandy has removed it sometimes, when other medicines have failed. I have known impregnations of garlic in brandy have the same happy effect ; which the Doctor advises to be employed in moderate attacks, or the same mepistrum with *asa foetida* ; or even without the ardent spirits, a solution of *asa foetida*, with the ammonia, may answer the purpose. Opiates are often an effectual remedy, and may be joined with aromatics, as in the electrum *Thebaicum of the Edinburgh Dispensatory* ; or they may be usefully joined with volatile alkali and camphire ; musk has likewise proved useful in this disease. When the affection of the stomach is accompanied with vomiting, this may

tuous liquors, of a sudden, for thin and very cooling liquors, or by applying repelling plaisters and other cooling topics, to the parts affected, to ease the pain; whence the morbific matter, which should have been deposited in the joints, is translated to the *viscera*. I have tried several remedies in my fits of late years to relieve those symptoms; but nothing did me so much service as a small draught of *canary*, taken occasionally, as the sickness and faintness required. Neither *French claret*, *Venice treacle*, or any other of the cardiacs I am hitherto acquainted with, is so efficacious. But we are not to imagine that *canary* or any other cordial, can wholly secure the patient without the use of exercise.

63. But if some violent symptoms come on ^{The striking} suddenly, from the striking in of the gouty matter, and threaten death, we are not to trust to ^{in of the} ^{gout, how} remedied. the wine, or exercise above commended; but here, provided only the natural, or vital parts, and not the head, be affected, we must have immediate recourse to *laudanum*, and give twenty drops of it in a small draught of *plague water*, and the patient must compose himself to rest in bed.

64. But if the gouty matter occasions a looseness,* ^{A looseness} ^{in the gout} ^{best carried} for want of being translated to the limbs, provided off by sweat.

may be encouraged by taking draughts of warm wine, at first with water, and afterwards without it, having at length recourse, if necessary, to some remedies above mentioned, and particularly opiates; and with regard to the misplaced gout, the disease is to be treated by blood-letting, and by such other remedies as would be proper in an idiopathic inflammation of the same parts. *W.*

* But if the gouty matter occasions a looseness, &c. Some advise, under these circumstances, a free use of rhubarb, joined

ded it be not the crisis of a particular fit, and yields not to *laudanum* and exercise of all kinds (for this is to be tried first in the cure of a *looseness*) but continues, attended with sickness, gripings, and the like symptoms; the only remedy I know in this case, is to raise a sweat by a suitable method and medicines; and if this be done every morning and night for two or three days running, keeping it up two or three hours at a time, it generally checks the *looseness*, and forces the morbid matter to the limbs. To this method I owe my recovery from this disease some years since (which I had imprudently occasioned by drinking cold water for my common drink) after having used cardiacs and astringents of various kinds to no purpose.

65. There is another symptom, which I have often seen, though it is not so common, namely *a translation of the peccant matter to the lungs*,* by

A translation of the
gouty matter
to the lungs,
how to be
taken off.

joined with moderate astringents, and a smaller quantity of opium or laudanum than in the former case; but Dr. CULLEN, after speaking of the treatment in affections of the stomach from retrocession of arthritic acrimony, says, in like manner, if the intestines be affected with diarrhoea, this is at first to be encouraged by taking plentifully of weak broth, and when this shall have been done sufficiently, the tumult must be quieted by opiates. *W.*

* *A translation of peccant matter to the lungs, &c.* In case of a retrocession of the arthritic acrimony to the lungs, our author recommends the antiphlogistic mode of cure, which may be right in plethoric habits, accompanied with an inflammatory diathesis and strong vascular system, in order to take off the effects of powerful re-action in the part; but in those of more debilitated constitutions, the practice is not totally free from danger; and it is in such, that this retrocession most commonly takes place; in the more robust it arises chiefly from accident or indiscretion. Dr. SWAN says, " in this case, bleeding, gentle vomitives, " blisters,

by a cough in the winter season, occasioned by taking cold in the fit, which by degrees invites the matter to those parts, the joints the mean while being in great part, or totally freed from the pain and swelling, from the translation of the morbid matter to another part. In this single case, the curative indication is not to be levelled at the *gout*, but this symptom is to be treated like a true *peripneumony*; namely, by repeated bleeding, and cooling and incraffating medicines and diet, as the blood that is taken away, especially in this symptom, exactly resembles that of pleuritic persons. The patient likewise should be gently purged in the intervals of bleeding, to carry off the matter that is lodged in the lungs. But sweating, how effectual soever it may be in forcing the morbid

“ blisters, and the medicines ordinarily prescribed in the
“ asthma, are *highly* proper, and often effectual.” Dr.
CULLEN gives it as his opinion, “ that when the retro-
“ dent gout shall affect the lungs, and produces asthma,
“ this is to be cured by opiates, by antispasmodics, and
“ perhaps by blistering on the back or on the breast.”—
However, the mode to be pursued must be regulated by
the constitution of the patient, which must be left to the
fagacity of the physician to discover; endeavouring by the
best adapted means to alleviate the local irritation, solicit
the flow of fluids to the surface of the machine and the
extremities, that the arthritic matter may either be carried
off through the perspiratory pores, or deposited again on
the extreme parts. It may be useful here to add, that if
from the cause we have been speaking of, the gout should
occasion vertigo, apoplexy, or palsy, from attacking the
head, our resources are very precarious: here blistering
the head is recommended. And if the gout has so totally
left the extremities, that no appearance of it remains; to
these parts blisters may also be safely applied, and as auxi-
liaries, cordial stimulants and aminonia may be taken inter-
nally. *W.*

matter

matter upon the limbs, proves detrimental in this case, by hardening the matter that is driven upon the lungs; whence proceeds small abscesses, and in the end certain death.

Nephritic
pains during
the gout,
how miti-
gated.

66. It is farther to be noted, that most gouty persons, after the disease has been of long standing,* become subject to the stone in the kidneys, and are generally seized with nephritic pains, either

* *Most gouty persons, after the disease has been long standing, &c.* If calcareous matter, such as is produced by the gout, should fall upon the kidneys, and form a stone, it certainly should be treated as a nephritic complaint, independent of the gout, if no retrocession has immediately preceded, and we should labour to promote its passage by every possible means. The caution given by Dr. SWAN is extremely judicious, and the remedies recommended very proper; "but," says the Doctor, "aromatics, which are otherwise proper in an internal gout, must be exhibited very sparingly, for fear of inflaming the parts, and exacerbating the symptoms: turpentine glysters given every twelve hours, and opiates occasionally administered in small quantities, will do service here."—But where no stone is absolutely formed, and the complaint arises from the immediate retrocession of gouty matter, the gout is to be by all means solicited into the extremities; for practice furnishes us with repeated instances of nephritic and arthritic diseases alternating with each other, so that the accession of one produces a relief from the other. Dr. CULLEN says, "that the *nephralgia calciclosa* produced upon this occasion, the remedies of inflammation are to be employed no farther than they may be otherwise sometimes necessary in that disease, arising from other causes than the gout." Hence, under these circumstances, bathing the legs in warm water, applying stimulating cataplasms to the feet, or blisters, are proper; and giving internally such remedies of the milder class as invigorate the system in general, and strengthen the tone of the stomach and digestive powers. For in these cases we need not be afraid of such medicines greatly and rapidly increasing any local inflammation, if it should actually exist, for that depends very often more on a relaxation of the vessels of the part affected, than a supernatural increase of their tone. *W.*

at the height, or more frequently at the declension of the cardinal fits, which are very severe, and weaken the patient considerably, who was but too much debilitated and exhausted by the preceding distemper; in this case omitting all other remedies, let him immediately drink a gallon of posset drink, in which two ounces of marshmallow roots have been boiled, and inject the following glyster,

Take of the roots of marshmallows and white lilies, of each an ounce; the leaves of mal- An emollient glyster.
lows, pellitory of the wall, bears-breech, and camomile flowers, of each one handful; linseed and fenugreek seed, of each half an ounce; boil them together in a sufficient quantity of water to a pint and half; dissolve in the strained liquor brown sugar, and syrup of marshmallows, of each two ounces: mix the whole for a glyster.

As soon as the posset drink is vomited up, and the glyster come away, exhibit twenty-five drops of liquid laudanum, or fifteen grains of Matthew's pills.

67. If outward application be inquired after* to Topics unsafe in the *Topics unsafe in the
gout.* I know of none (though I have

* If outward applications are inquired after to ease the pain, &c. The application of outward remedies to the pained parts, says Hoffman, is seldom very safe, yet they are much more dangerous in such habits as abound with foul blood or lymph, or in the hypochondriacal and hysterical, the system of whose nerves and fibres is subject to spasms; for from several observations it appears, that fatal disorders have succeeded their application, amongst which it suffices to name an apoplexy, a palsy of one side, a loss of memory, a convulsive asthma, a convulsive colic, and an inflammation of the stomach and bowels.

I have tried abundance, both in myself and others) besides *coolers* and *repellents*, which I have already shewn to be unsafe. And I scruple not to

Spirituos and camphorated applications are not so prejudicial in phlegmatic habits, but in the reverse, if they do not repel the gouty matter, yet they dispose to the stone, or help to breed chalk-stones, or occasion very troublesome contractions of the parts affected.

Now as the gouty acrimony, when once formed in the habit, may produce many dangerous affections, except when it manifests itself in its regular form, and as it does often create that danger when it falls upon any of the more noble and vital parts; and as it sometimes, after having assumed its regular type by being deposited in the extremities, will be productive of such mischiefs, by being repelled or spontaneously retroceding; and as I consider local pain and inflammation productive of its continuance, and conducive to its deposition perfectly, in that salutary situation freeing for a time the system from so disagreeable an enemy, and preventing its endangering life by keeping the noble parts in a state of security from the effects of so deleterious a cause, I look upon every topical effort calculated *totally* to subdue that pain and inflammation dangerous in the extreme, particularly in the beginning or height of the arthritic paroxysm; hence I should think it right, that all applications of cataplasms, liniments, stimulants, blistering, local bleeding, &c. though they have had their sanguine advocates, should be prohibited, and recommend patience and warm flannel as the only salutary resource in this point; but if the pain and inflammation should be extremely violent, so that they occasion great restlessness and much feverish affection, *white bread poultice*, or *local bleeding with leeches*, may be had recourse to, but only in such a degree, as to alleviate the uneasy symptoms, whilst the other remedies, with a well-adapted regimen, such as have before been mentioned, should be depended upon for the cure; for certainly a moderate degree of pain and inflammation in the extremities are the instruments which nature makes use of for the wisest purposes; and can only be safely taken off by the transmission of the gouty miasmata through the perspiratory pores of the skin; though it may probably pass off by some of the other common emunctories, but not with that ease and security. All which good

to affirm from a long course of experience, that most of those who are supposed to perish by the *gout*, are rather destroyed by wrong management, than by the disease itself. But if a person be desirous of trying the efficacy of such external medicines as are esteemed certain anodynes, to prevent being mistaken, instead of applying them at the declension of a particular fit, when the pain is just going off spontaneously, let them be used in the beginning, and he will soon be convinced of their insignificancy and the groundlessness of his expectations, as they sometimes do mischief, but can never do service. For this reason I have laid aside the use of topics for several years; but I found most benefit formerly from a cataplasm, made of *white bread and saffron boiled in milk*, with the addition afterwards of a small quantity of *oil of roses*; which, however, did not at all relieve me in the beginning of the fit. If, therefore, the pain be extremely severe the patient had better keep in bed till it abates a little, than to have recourse to anodynes, but notwithstanding it will be proper, if the pain be violent, to take a dose of *laudanum* in the evening, otherwise it were better omitted.

68. But now I am treating of outward applications, I must say something of a certain *Indian moss*, entitled *moxa*, which is highly esteemed of late in the cure of the *gout*, the manner of

good may be derived, I am persuaded, by observing the rules before laid down, adapting them to the different peculiar constitutional circumstances of those who are afflicted, as they occur. But after the fit of the *gout* is over, should the parts be left very weak, swelled, stiff, and painful from debility, it will be proper to use the flesh brush, or the parts may be blistered, which often is efficacious in remedying these inconveniences. *W.*

it being to burn slightly the part affected with it. Now, though this remedy is said to come from the *East Indies*, and to have been unknown to the *Europeans* till of late years, it will nevertheless appear to be of more antient date with us by consulting the writings of *Hippocrates*, compiled above two thousand years since. For treating of the *Sciatica*, he advises, “*If the pain be fixt in any one part, and does not yield to medicines, in whatever part it be, to burn it with raw flax;*” and a little farther, speaking of the gout in the feet, he says, “*The same things are proper here, that do service in the gout of the joints; and indeed this is a long and painful, but not a mortal disease: if the pain however continue in the fingers, burn the veins above the joints with raw flax.*” Now I imagine that nobody can think there is such a specific difference between the flame of burning *flax*, and that of *India moss*, as to render the latter more effectual in the cure of the *gout* than the former; any more than he can suppose that a fire made with oak billets can do more than another made of ash. This burning the part affected bids fair to ease the pain, and may sometimes effect it; the most subtle and spirituous part of the morbid matter deposited in the part being by this means expelled. But the relief hereby obtained must needs be short, because it does not reach the indigestion, which is the antecedent cause of the *gout*; and it may seem needless to observe, that it is to be used only in the beginning of this disease. For when the *gout*, either by reason of its long continuance, or from wrong management, retreats to the internal parts, which sometimes happens, and, instead of pain, causes sickness, gripings, and abundance

abundance of the like symptoms, no judicious person will be for using fire.

69. And now I have communicated all that I The author have hitherto discovered concerning the cure of unacquainted with any this disease; but if it be objected, that there are specifics for many specific remedies for the *gout*, I freely own the gout. I know none, and fear that those who boast of such medicines are no wiser than I am. And, in effect, it is to be regretted, that the excellent art of medicine should be so much disgraced by such trifles, with which the credulous are deceived, either through the ignorance or knavery of authors; remedies of this kind being extravagantly extolled in most diseases by such as make a trade of those trifles. But what is more surprising, this ridiculous fondness does not only obtain in such diseases as are regularly formed, and proceed from some injury of the organs, or from an external cause, and it imposes upon persons that in all other respects are men of judgement. We have sufficient proof of this in such medicines as are commonly deemed specifics in contusions; such as *sperma ceti*, *Irish slate*, &c. which only mislead us from the method required in these cases, as will appear by trying how much more safely and expeditiously these accidents may be cured by bleeding and purging alternately, without having recourse to these insignificant remedies, which are generally given after the first bleeding, and likewise to the raising of a sweat, which ordinarily continues during the use of them, and heats the parts already disposed to an inflammation, so as to endanger the life of the patient without necessity.

The founda-
tion of the
author's me-
thod.

70. To conclude: The method I have here laid down is founded upon a search into the above-mentioned signs and symptoms of the distemper, and by pursuing it I have relieved myself and others; but the radical cure of the *gout* is yet a secret, nor do I know when, or by whom it will be discovered. I hope, nevertheless, that I have contributed in some degree to the good of mankind by this treatise, by faithfully pointing out those rocks whereon myself and many others have split, subjoining likewise the best method of cure which I have hitherto discovered, which is all I promise, though after long consideration I cannot help thinking that such a remedy will be found out hereafter; and if ever this should happen it will betray the ignorance of the theorists, and clearly shew how notoriously they are mistaken in the knowledge of the causes of diseases, and in medicines they give to cure them. We have a plain proof of this in the *Peruvian bark*, the best specific in intermittents: for how many ages had the most acute physicians spent in searching into the causes of intermittents; and adapted such methods of cure as were best suited to their several theories!- But how little honour those methods did to the theories whereon they were founded, appears from a late instance in practice of those, who, ascribing the various kinds of intermittents to the redundancy of different humours in the body, ordinarily attempt the cure by altering the evacuating those humours; which succeeded ill with them, as is manifest from their failure, but especially from the more successful use of the bark, by the help of which, if given in a proper manner, we com-
monly

monly answer the end effectually, without regarding those humours, diet, or regimen ; unless the patient be unnecessarily kept in bed whilst he is taking it ; in which case, however, so efficacious is this medicine, that it seldom fails curing the patient, notwithstanding this inconvenience of increasing the disease by the warmth of the bed. In the mean time, till the radical cure of the *gout* be found out, which all physicians, and myself in particular, ought to wish for, I entreat the reader to receive this little treatise in a favourable manner ; but if he should not, I am so well acquainted with the tempers of mankind, that it will be no great disappointment to me ; and I know my duty so well, that I shall not be discouraged thereat. And if the racking pains, unfitness of motion, and other disorders which I have been afflicted with during the greatest part of my life, together with the loss I have sustained in my business by sickness, may be a means of relieving others, I shall have some reward for the miseries of this kind, which I have suffered in this life, now I am leaving it for another.

A

T R E A T I S E
O F T H E
D R O P S Y.

Whom the dropsey chiefly seizes, and at what time of life.

1. THE dropsey attacks persons of all ages, and of both sexes; but women are more subject to it than men. It chiefly happens to men when they are advanced in years, and to women when they are past bearing children; though sometimes young women also, whilst they continue childless, are seized with it. *One of the first signs of the dropsey is the pitting of the ankle,* discovered*

* *One of the first signs of the dropsey, &c.* There are many different species of the dropsey, which take their names from the different circumstances with which they are combined, either with respect to appearances or situation; as,

ANASARCA, when the whole or part of the body is affected with a soft, inelastic intumescence.

HYDROCEPHALUS, a soft, inelastic intumescence of the head, the sutures of the cranium being open.

HYDRORACHITIS, a tumour over the vertebræ of the loins, soft and small, the vertebræ receding from each other.

HYDROTHORAX, when water affects the chest, attended with a difficulty of breathing, paleness of the face, œdematosus swelling of the feet, a difficulty in lying down, a sudden and spontaneous starting out of sleep, with palpitation, and water fluctuating in the breast.

ASCITES, when there is a tense intumescence of the abdomen, almost inelastic, and fluctuation within.

HYDRO-

vered by pressing the finger against it, especially towards night, for in the morning the swelling is down, which, however, is not so certain a sign.

HYDROMETRA, where there is a tumour gradually increasing of the hypogastric region in women, resembling the figure of the uterus, yielding to or fluctuating on pressure, without ischury or gravidity.

HYDROCELE, a tumour of the scrotum, not painful, gradually increasing, soft, fluctuating, and pellucid.

These are all truly dropſical complaints, arranged by Dr. CULLEN under his class **CACHEXIÆ**, cachexies, and order **INTUMESCENTIÆ AQUOSÆ**. However our author, by this and the two following paragraphs, means to treat of only two, **ANASARCA** and **ASCITES**.

The first of which Dr. CULLEN divides into five species :

1. **ANASARCA SEROSA**—A serous anasarca, from a retention of serum from the suppression of common evacuations, or from an increase of serosity from too much water being taken into the machine,

2. **ANASARCA OPPILATA**—Oppilated anasarca, where there is obstruction formed from a compression of the veins.

3. **ANASARCA EXANTHEMATICÆ**—Exanthematic anasarca, arising after eruptive complaints, and particularly after erysipelas.

4. **ANASARCA ANÆMIA**—Exsanguinary anasarca, from a tenuity or thinness of the blood produced by hæmorrhagy.

5. **ANASARCA DEBILITUM**—Anasarca of weak constitutions in such as have been debilitated by long illness, or from other causes.

The second into two species :

1. **ASCITES ABDOMINALIS**—Abdominal ascites, where there is an uniform tumefaction of the whole abdomen, and a very perceptible fluctuation, which has its varieties ;

First, from obstruction of the viscera.

Second, from debility.

Third, from thinness of the blood, and also on account of the nature of the liquid effused.

2. **ANASARCA SACCATA**—Saccated or encysted anasarca, where, especially in the beginning, there is a partial tumefaction of the abdomen, with a fluctuation not very perceptible.—*Synopsis Nosologicæ Methodicæ*, vol. ii.—W.

of a beginning dropsy in women as it is in men, as being frequently founded in pregnancy, and a suppression of the *menses*, from whatever cause the suppression proceeds. Nor is the swelling of the legs a certain sign of the *dropsy* in men; for when an antient person of gross habit has had an *asthma* several years, and is suddenly freed from it in the winter, a considerable swelling soon arises in the legs, resembling a *dropsical* swelling, and, like that, is larger in winter than in summer, and in moist than in clear weather, and yet without causing any remarkable inconvenience lasts the remainder of life. Nevertheless the swelling of the legs in men is, generally speaking, to be accounted a sign of an approaching *dropsy*, especially if it be attended with a difficulty of breathing; and it increases every day in quantity and size, till the feet will receive no more water, and then the thighs swell, and afterwards the belly fills with the *serum*, which is continually separated from the blood, and by degrees stretches it as much as it will bear; so that it frequently contains several gallons of water, which falling upon the navel, sometimes occasions a *navel* or *umbilical rupture*.

Attended
with three
capital
symptoms.

2. This distemper is accompanied with three symptoms; (1.) *a difficulty of breathing*,* proceeding from the compression of the *diaphragm*, by the water which obstructs its natural motion; (2.) *a voiding of little urine*, occasioned by the serous parts of the blood being emptied into the

* *Difficulty of breathing, great thirst, &c.* The first of these symptoms generally attends the *ascites* and *hydrothorax*, which may also accompany the *anasarca*; but the last does not always come on till the disease has been of some standing. *W.*

belly

belly and other parts fitted to receive it, which should naturally have been evacuated by the urinary passages; (3.) *great thirst*, caused by the putrefaction of the lymph, which by its long continuance in the body, grows hot and acrimonious, and occasions a kind of continual fever and thirst.

3. In proportion as the swelling of the parts affected increases, the other parts become more emaciated, and waste away, and at length the quantity of the extravasated water growing too large to be contained in the belly, it is translated to the vital and noble parts, and the patient perishes by a kind of deluge.

4. *This disease in general proceeds originally from the weakness of the blood,** which being unable

As the swelling increases, the other parts waste.

This disease caused by the weakness of the blood.

* *This disease in general proceeds originally from the weakness of the blood, &c.* That this is one of the causes which induces dropsy, there can be no doubt; but the more immediate we must trace from other sources; and there have been considered two, *an increased effusion*, or *a diminished absorption of fluids*, which may with propriety be reduced to the last; for, whether there be a defect in the imbibing powers of the absorbent system, or too great an effusion from the exhaling vessels, the want of action in the former adequate to take up what is effused, constitutes the cause. Hence, whatever will produce one or other of these effects will create a dropsy.

Dr. MACBRIDE says, " All that part of the system which is not occupied by oil, and all the larger cavities containing the different viscera, are constantly bedewed with a subtile lymph, which oozes from innumerable pores in the coats of the arteries, but is absorbed as fast as it is distilled by the valvular lymphatics, and by them returned back into the general mass; such is the natural and healthy state; but if at any time this lymph shall ooze into the cells or cavities in greater quantities than the absorbents can readily take it up, or if these vessels should be ruptured, or lose their power of absorption,

able in this state to change the element into its own substance, necessarily throws it off upon the extremities, and depending parts of the body, and soon after also into the belly, where so long as the quantity is not considerable, nature forms some small vessels to contain it, till it increases to that degree at length, as to be included only by the *peritonæum*.

Whence that 5. Now the blood is most commonly debilitated by (1.) an immoderate evacuation of it by bleeding, or (2.) any other way, (3.) a disease of long standing, or (4.) the destructive custom of drinking spirituous liquors to excess, which destroys the natural ferments of the body, and wastes the spirits. Hence great drinkers are most subject to the *dropsy*, notwithstanding its being a cold disease: and on the contrary, water-drinking to such as have been long accustomed

"tion, then a dropsy will take place: every thing, there-
 "fore, which can weaken the absorbent power of the lym-
 "phatics, or which occasions a preternatural secretion or
 "oozing of lymph, may be considered as the remote or
 "possible cause of dropsy." From all which we may rea-
 dily conceive how this disease is produced, by the remote
 causes enumerated by authors; such as drinking suddenly
 too large a quantity of cold water, which is neither thrown
 out of the habit by vomiting nor sweat, nor by the bowels
 or kidneys. Acute diseases, dysenteries long continued,
 all obstinate visceral obstructions, as scirrhus of the liver,
 spleen, pancreas, mesentery, kidneys, uterus, intestines;
 the jaundice, long continued quartans, empyema, obstinate
 diarrhoeas, spitting of blood, gout; too great evacuations,
 particularly of arterial blood, dram drinking, living on vis-
 coid food, hydatids, large, and many in the cavity of the
 abdomen, and many other diseases, as melancholy, scurvy,
 pregnancy, or, in fine, whatever too greatly debilitates the
 system, and impedes the circulation of the venous blood to
 the ventricle of the heart. *W.*

to generous liquors, is equally prejudicial to the blood.

6. It must be noted, however, that in women Is sometimes produced by a different cause in women. this disease does sometimes proceed from a very different cause, namely, from an obstruction of one of the ovaries, which by degrees destroys its tone, whence its coat being stretched to such a degree by the lymph first deposited there, as to be ready to burst, nature forms some small vessels to receive it, and at length one or more of them breaks, empties its contents into the cavity of the belly, and occasions the same symptoms, as in the *dropfy*, which we have specified above. But I have already treated of this sort of *dropfy*.

7. There are likewise two other kinds of swellings of the belly resembling a *dropfy*, both which often affect women. *The first is a preternatural fleshy excrescence** generated in the inner parts of the belly, which swells it as much as water in- cluded therein does. *The other kind proceeds from flatus,†* and besides a swelling, causes the

signs

* *The first is a preternatural fleshy excrescence, &c.* This appears to be what writers call *mola*, or *mole*, a shapeless mass in the uterus without a placenta, stiled a *false conception*; under this circumstance women often consider themselves as pregnant; and indeed during the first four months is not easily distinguished from pregnancy, but after that period of time it may; for it excites no motions in the womb like a living child; besides a mole distends the belly equally, but a child makes it most prominent towards the navel on one side; a mole changes its situation in the belly according to the posture of the mother, but this never is known to happen whilst the *fœtus* is alive; and in case of a mole, the general health is usually worse, but in pregnancy it improves in common after the fourth month. *W.*

† *The other kind proceeds from flatus, &c.* This is that species of *dropfy* called by authors *TYMPANITES*, *tympany*;

signs of pregnancy; and happens chiefly to widows, or women that did not marry till they were advanced in years. And such, in their own

pany; Dr. CULLEN arranges it under his class CACHEXIAE, order INTUMESCENTIÆ FLATUOSÆ, flatulent intumescences, and defines it generally,

A tense, elastic, sonorous intumescence of the abdomen, attended with costiveness, and emaciation of the other parts of the body; of which he forms two species:

1. **TYMPANITES INTESTINALIS**—Intestinal tympany, with a tumour of the abdomen, often unequal, and a frequent rejection of wind, alleviating the tension and pain.

2. **TYMPANITES ABDOMINALIS**—Abdominal tympany, attended with a more perceptible sounding noise in the abdomen, a more equable tumefaction, and a less frequent emission of flatus, which affords slight degrees only of relief. *Synopsis Nosologicae Methodicæ*, vol. ii.

Some authors have disputed the existence of such a disease, whilst others have divided it into variety of species; SAUVAGES has given us seven: When it is occasioned by flatus greatly distending the stomach and intestines, he denominates it the *intestinal tympany*: When flatus is collected in the cavity of the abdomen, between the surface of the peritoneum, which lines the abdominal muscles and intestines, *Abdominal*: When it is thought to arise from emphysematous affections of the intestines and other abdominal viscera, *Enterophysodal*: When it attacks adults of strong, sanguinary constitutions, who have been afflicted a long time with colics, diarrhoeas, dysenteries, after tertian fevers, *Ascidical*: One species he terms *spasmodic*, where the disease, attended with pain of the abdomen, attacked an hypochondriac woman sixty years of age, who had been cured of a quartan by quicksilver and bark. To another he gives the name of *St-wartius*, from Alexander Stwartius, who described it in the Philosophical Transactions, 1730, No. 414. and says, This is an acute tympany, unless you had rather arrange it under METEORISMUS, which came on very quickly from the effusion of bile from the gall bladder, occasioned by a wound in a soldier, and which afterwards was produced in dogs; and when it accompanies worm fevers, as it often does, or is occasioned by worms, he then styles it *verminous*. Dr. CULLEN admits of four of these species only, and adds a fifth, when the intestinal and abdominal tympany

own and midwife's opinion, feel the child move from the customary, to the usual time of delivery, and withal are sick between whiles, as preg-

tympany are united together. BOERHAAVE, and his commentator VAN SWIETEN, give a more prolix account of this disease. Dr. MACBRIDE, when speaking of tympany, says, "A flatulent swelling of the abdomen will succeed the putrefaction of water or other fluids pent up in that cavity, or may ensue from the corruption or mortification of different viscera; but all such cases must be mortal; and the only species of tympany that can admit of relief, must be, wherein the swelling arises from a general distension of the intestines by flatus;" and indeed all the modern authors seem to be conclusive in this point, and think the *intestinal tympany* almost the only object of practice, which is supposed to arise from loss of tone in the coats of the stomach and intestines, attended with spasmodic affections in the alimentary tube, and recommend, consequently, in the cure such applications as take off the spasms, and are calculated to add and maintain proper tone in the parts affected; hence are advised, for the first purpose, antispasmodics, carminatives, and aperients, to evacuate flatulence; and tonics for the last, to prevent a relapse. HOFFMAN is a great advocate for carminative glysters, purging pills joined with opiates, and rubbing the whole abdomen with camphorated oil for some days successively.

Indeed it is right to join with purgatives and glysters the milder kinds of antispasmodics; and after purging medicines have ceased to operate, an opiate. Fomentations and tepid baths long continued have been found useful; bark, bitters, and chalybeates are well calculated to be of benefit. Dr. CULLEN says, when speaking of tonic remedies, "As none is more powerful than cold applied to the surface of the body, and cold drink thrown into the stomach, so such a remedy has been thought of in this disease. Cold drink has been constantly prescribed, and cold bathing has been employed with advantage; and there have been several instances of the disease being cured by the repeated application of snow to the lower belly."

Swathing the belly with a broad flannel belt and riding are extremely beneficial in these cases; when the case has been

pregnant women commonly are, and their breasts swell and have milk in them, insomuch that they frequently provide child-bed linen: but at length the swelling of the belly diminishes in the same proportion it increases, and frustrates their hope. Neither of these disorders is to be referred to the distemper under consideration.

The curative indications.

8. *The genuine curative indications,* in a manner naturally arising from the symptoms above enumerated, are either (1.) to carry off the water contained in the belly, and other parts, or (2.) to strengthen the blood, so as to prevent a fresh drain of water into the parts affected.*

9. (1.)

been very obstinate, the operation of the paracentesis has been advised; but as it is very dubious with respect to its effects, often dangerous, and as experience has not yet sufficiently proved its utility, nor when we consider the nature of the complaint, does it receive any strong support from medical reasoning, the application would be thought too nearly allied to unwarrantable rashness. *W.*

* *The genuine curative indications are either, &c.* Our author has submitted to our choice two modes of cure, leaving us at liberty to form our election. Upon which Dr. SWAN makes a pertinent remark, and says, "Both these indications must be attended to in their order, otherwise no cure can be made; for it is not enough to accomplish either, as our author seems to think, as only half the work would be thus done; besides the hazard also of beginning at the wrong end, by which means the cure would be so far from being advanced, that the distemper would, on the contrary, be rendered more obstinate thereby." According to the theory of that time these indications are proper; but as the doctrine of humoral pathology is not much adverted to now, they require some alteration; nor are they perfectly full, since it is not only necessary to evacuate the serous fluid, but also to strengthen the tone of the vascular system, taking care to remove such of the remote causes as maintain their action on the habit, and thus continue their effects: for though some remote causes after producing disease cease to act, still there are others which remain and must be removed

9. (1.) With respect to the evacuation of the water it is well worth observing, that *weak purgatives do more mischief than good in dropsical cases* :* ^{Gentle purgatives more pernicious than ir- unless viceable.}

moved before we can expect to accomplish a cure ; as in some cases the dropsy is merely a symptom, and though we may endeavour to palliate that, our successful efforts must be levelled at the cause which occasions it. *W.*

* *Weak purgatives do more mischief than good, &c.* This has been in general the opinion, and therefore drastic purgatives have been given the preference to, such as *jalap*, *gamboge*, *gratiola*, *elaterium*, &c. and these have been repeated at as short intervals as the patient could bear—Dr. Cullen says for this reason, “ that when the purging is not carried to the degree of soon exciting an absorption, the evacuation weakens the system, and thereby increases the afflux of fluids to the hydropic parts.” However, Dr. HOME in his clinical experiments has shewn that cream of tartar, now called crystals of tartar, has a powerful effect in dropsical cases ; being induced to make the trial of it from the recommendation of VINCENTI MANGHINA, he has given twenty hydropic cases, thirteen of which were cured by this medicine ; he generally gave half an ounce at different times, so that the whole might be consumed an hour before breakfast, and gradually increased the dose to six drams, once to two ounces : his common method was to give it dissolved in water, as this liquor itself appears to be medicinal, and a cure for dropsy ; it generally produced its effects in two or three weeks. Along with this he recommends friction with a flesh brush, and after the cure, *tonics*, *bark*, *gentian*, *steel*, &c. and he says, “ It seems to act, first, as an evacuant, for it is purgative and diuretic ; purgatives and diuretics cure ; much more must a medicine which excites both evacuations : by stimulating these excretory organs it determines more fluids to them, and increases the evacuation. The vessels being thus emptied, the absorption from the cavities is increased to fill the vessels again.—Secondly, as a deobstruent, which I consider the principal operation.” Page 382. From his experiments it appears that it is most to be depended upon in the *anasarca*, next in the *ascites*, and less in the *hydrothorax* than the two former, for five were cured out of seven in *anasarcous* cases ; seven out of twelve in *ascites*, two of which only seemed pure ; and out of four in *hydrothorax*, two. Dr. Swan, as

a hy-

for as all cathartics are prejudicial to nature, whence it is that they purge, they in some measure impoverish the blood; for which reason, unless they operate, and run off expeditiously, they increase the swelling, by moving those humours which they cannot carry away with them, and raising a tumult in the blood, as appears manifestly in the legs of those who are thus gently purged. To make purging therefore beneficial to the patient, it should be known whether he is easy or hard to purge, insomuch as the cure depends entirely on this particular, and will accordingly be very easy or difficult to effect. Hence, if *hydragogues* are necessary, great regard must be had to the patient's being easy or hard to purge, which can only be learnt with certainty by inquiring carefully in what manner other purgatives have operated with him formerly. For as some persons are endued with prevailing *idiosyncrasy*, or peculiarity of constitution, which renders them easier or harder to be operated on by cathartics, whoever makes the sensible temperament of the body the standard in this case, will often endanger the patient's life; as it frequently happens that some persons of a strong constitution are easy to purge, whilst

a hydragogue, strongly recommends the mercurial pills of the late London *Pharmacopæia*, those of the present have no such powers, but as far as mercury may be considered to possess them. Many have great dependence on the elaterium, in doses of from two to five grains, with extractum *colocynthidis* compositum. Some prefer mercurials mixed with purgatives; but jalap joined with nitre is the pleasantest, and as efficacious as any. Notwithstanding which, as the solution of crystals of tartar is the gentlest mode, and as it has proved effectual in so many cases, it ought first to be tried, and should it fail, then recourse may be had to the more drastic purgatives. *W:*

others

others of a weak one find the strongest purgatives of little effect. And in reality this caution respecting the unfitness of the habit to bear purging is to be attended to in prescribing *hydriogues*, and all other purgatives; for I have frequently found a super-purgation occasioned by lenient draughts, for want of inquiring beforehand into the disposition of the patient, with respect to purging. But because of all diseases, the *dropfy*, as I have already remarked, requires the roughest and quickest purgatives, and gentle purging, which does service in some distempers, ought by no means to be admitted here, inasmuch as mild purgatives rather increase than lessen the swelling, it follows that rough and plentiful purgation is to be preferred, especially as we have *laudanum* to check the operation of the medicine, in case it proves too violent.

10. With respect to purging for the cure of the *dropfy*, great care must be had to carry off The water to be carried off as fast as the strength will bear. the water as speedily as the strength will permit; it being proper to purge every day, unless great weakness, or the too violent operation of the preceding purgative, should require a day or two to be interposed. For if purging be used only at distant intervals (though the last purge brought away plenty of water) we shall allow time for a fresh collection of water and by such a delay (as if we knew not how to improve the advantage obtained) instead of accomplishing the cure, leave it unfinished. Moreover, the bowels are in danger of putrefying from the long continuance of the water in the belly; to which may be subjoined an observation of great importance, namely, that the waters being thus put into motion by the former purgatives, are more

more apt to injure the body, than whilst they remain at rest. So that for this reason, as well as the foregoing, this intention respecting the evacuation of the waters contained in the belly, must be answered with the utmost expedition; nor is purging to be left off, without an absolute necessity, till the whole quantity is discharged.

Hydragogues
their use,
and how to
be given.

11. It is farther to be noted, and is verified by practice, that most *hydragogues*, by their peculiar nature, if given alone to such as are hard to purge, seldom answer our expectations; and being taken in a large dose, instead of purging, raise a disturbance in the blood; whence the swelling, which should be lessened thereby, is found to increase. They are of no other use, therefore, in such constitutions, than to quicken the operation of lenient cathartics; but nevertheless they operate speedily and effectually in such as are easy to purge.

Syrup of
buckthorn a
safe and ef-
fectual one.

12. For this reason, in such habits, *syrup of buckthorn* alone evacuates water plentifully, and little else, without disturbing the blood, or rendering the urine high coloured, as other purgatives generally do, and has only the single bad quality of occasioning great thirst during the operation. But if it be given in the largest dose to such as are hard to purge, it will never give many motions, nor carry off enough water.

Verified in
a case.

13. I remember well, for it was my first *drop-*
fical patient, that I was called about twenty-seven
years ago to Mrs. *Saltmarsh* in *Westminster*, who
had the *dropfy* in the greatest degree I have yet
seen, her belly being swelled to an incredible
size. I gave her an ounce of *syrup of buckthorn*
before dinner, according to the custom of that
time

time, and it brought away an almost inconceivable quantity of water, without causing any disturbance or faintness. Encouraged by this success, I gave it every day, only interposing a day or two occasionally, when she seemed weaker than ordinary. And the water being by these means carried off by degrees, the swelling of the belly diminished daily, and she recovered.

14. And now, being young and unexperienced, I could not help thinking that I was possessed of an infallible medicine for the cure of any kind of *dropfy*; but in a few weeks I discovered my error. For being called soon after to another woman afflicted with the *dropfy*, which succeeded an inveterate quartan, I gave this syrup, and repeated it frequently, increasing the dose by degrees: but having ineffectually attempted to evacuate the waters, inasmuch as the medicine did not operate, the swelling of the belly increased, and she dismissed me; and if my memory does not fail me, recovered by the assistance of another physician, who administered more powerful remedies.

15. When the constitution of the patient appears to be such, that lenient cathartics will not cure with ease and expedition, recourse must be had to stronger: in which case, as I have just hinted, it should be remarked, that though few *hydragogues* administered alone will answer the end, yet by mixing them with lenients to quicken the operation of these, they prove sufficiently effectual. In such habits, for instance, I have frequently ordered the following potion with success: it must be given, however, to none but strong persons, whom it purges when nothing else will, as I have learnt from a long course of experience.

Lenient ca-
thartics fail-
ing, stronger
must be
used.

A purging
potion.

Take of tamarinds, half an ounce; the leaves of senna, two drams; rhubarb, a dram and half; boil them together in enough water, so as to leave three ounces when strained off, and in which dissolve manna and solutive syrup of roses, of each an ounce; syrup of buckthorn, half an ounce; and electuary of the juice of roses, two drams: mix them together for a potion.

Or,

Another.

Take of white wine, four ounces; jalap finely powdered, a dram; ginger, in powder, half a scruple; syrup of buckthorn, an ounce: mix the whole together for a potion, to be taken betimes in the morning, and repeated every day, or every other day, as the strength will bear.

16. The following is another form of medicine which I frequently use, and may be commodiously given to such as cannot bear the repetition of other purges, inasmuch as it both warms and strengthens the patient during the operation: -

A purging
tincture.

Take of the roots of jalap and hermodactyls bruised, each half an ounce; scammony, three drams; the leaves of senna, two ounces; liquorice roots, and the seeds of anise and caraway, each half an ounce; the tops of wormwood, and the leaves of sage, each one handful; infuse them together without heat, in three pints of common aqua vitae, and strain off the tincture only when wanted. Let a spoonful of it be taken at bed time, and two the next morning, increasing or diminishing the dose, in proportion to its operation.

17. But

17. But the two best medicines, in my opinion, for such as are hard to purge, both which are stronger than any of those above specified, are *elaterium* and the infusion of *crocus metallorum*. *Elaterium* is commended for such as are hard to purge.

Elaterium, or the *faeces of the wild cucumber juice*, operates powerfully in a small quantity, and carries off abundance of foul and watery humours. Two grains of it is, generally speaking, a sufficient dose for most persons. I usually order this quantity to be mixed with a scruple of *pil. ex duabus*, and made into three pills, to be taken in the morning.

18. *As to the infusion of crocus metallorum*,* if an ounce and half, or, to such as are hard to purge, two ounces of it be given in the morn-

And the infusion of *crocus metallorum*.

* *As to the infusion of crocus metallorum, &c.* The great use of this medicine seems to be derived from its emetic power; and it has long been allowed, that from vomiting the most successful effects are produced in this disease, though few, I believe, at this time have recourse to so drastic an emetic as is here recommended by our author. From the experiments of Dr. HOME we find *SQUILLS* a powerful evacuant this way, for out of ten hydroptic patients, seven were cured by this remedy, where vomiting was procured, three not cured, where vomiting did not take place: "The contrast," says the Doctor, "here between the emetic and other evacuative powers of this medicine is very apparent and decisive. In these three who were not cured, the other evacuations were increased, but no vomiting was produced. All the ten patients laboured under ascites; four of the seven cured had anasarca; three of them hydrothorax; and two of them both anasarca and hydrothorax; in all the three not cured there was a pure ascites, one of which was of nine years standing." *Clinical Experiments, &c.*

From two to four grains of the pulvis scillæ were given in the morning, to some night and morning, which, after a dose or two, generally produced vomiting, upon which the efficacy of this medicine seems chiefly to depend, though it is also purgative, deobstruent, and diuretic. *W.*

ing, and repeated every day, as the strength will bear, though at first it should only seem to evacuate the water contained in the stomach, it will nevertheless at length empty the belly. For besides its usually going downwards, after the vomiting stops, the considerable agitation and the shaking of the stomach and bowels, in a manner surrounded by a current of water, occasioned by so violent an effort, must needs be followed with an evacuation of the water, through such passages as naturally are not sufficiently opened to suffer it to run off that way. But if this emetic does not work enough downwards, I sometimes, but not often, add to it, after the third or fourth dose, a quantity of the *electuary of the juice of roses*, and *syrup of buckthorn*, after the following manner :

A strong
purging po-
tion.

Take of the distilled water of carduus benedictus, three ounces; the infusion of crocus metallo- rum, an ounce and half; syrup of buckthorn, half an ounce; the electuary of the juice of roses, two drams: mix them together for a potion.

19. Now, that there are secret passages, through which the waters are conveyed from the cavity of the belly to the intestines, is manifest, for daily experience shews that hyd- gogues carry off as much water downwards, as if it were originally contained in the intestines themselves. But as it is not easy to account for this fact, it brings into my mind an excellent passage of *Hippocrates*, who is universally esteemed the most knowing physician the world ever had. His words are these: “ Some physicians and pretenders to learning hold it impossible to understand physic, without being acquaint- ed

Secret passa-
ges for the
waters to
pass from the
belly to the
intestines,
proved from
fact.

“ ed with the nature of the human body, and
“ the manner of its formation; but, I am
“ of opinion, that what philosophers and phy-
“ sicians have either said or wrote concerning
“ nature, relates more to painting than the art
“ of medicine.”*

20. But lest this admirable author should be accused of error, or empiricks endeavour to *defended,* and the use *and neces-* *sity of ana-* *tomy shewn.*
tronise their ignorance from this passage, I freely own, that as far as I am able to judge of practice, which ought to be reckoned the test of physicians, it is absolutely necessary a physician should be well acquainted with the structure of the human body, to enable him the better to form right conceptions of the nature and causes of some diseases. For without a knowledge of the structure of the kidneys and urinary passages one cannot conjecture whence those symptoms arise, which proceed from a stone's being lodged in the *pelvis*, or sticking fast in the ureters. Surgeons likewise ought to understand *anatomy*, that they may more surely avoid those vessels or parts in their operations, which cannot be hurt without destroying the patient. Neither can they reduce dislocated bones to their natural situation, without a careful examination, and thorough knowledge of the position of the bones in a human skeleton.

21. Such a knowledge of the human body, *Easily ac-* *quired.*
therefore, is so absolutely necessary, that who-
ever wants it will treat diseases hoodwinked.
Besides, this science may be acquired without
much trouble, and in a short time; for it may
be sooner learnt than other more difficult mat-
ters by persons of no great acuteness, by in-

* See *Lib. de Prisc. Med.*

pecting the human body, or the bodies of some animals. But in all acute diseases (which comprehend more than two thirds of distempers) and most chronic ones, it must be owned, that there is something *divine*, or some specific property, which is not discoverable by a search into the structure of the human body. Accordingly it is my opinion that *Hippocrates*, in the paſſage above quoted, means no more than to caution against depending ſo entirely on the diſection of dead bodies, as if the art of medicine might receive greater improvement from thence, than from an accurate obſervation of the natural ſymptoms of diſtempers, and thoſe things which do ſervice or miſchief, and that he did not intend to explode or deprecate a general knowledge of *anatomy*.

But only
a general
knowledge
of it to be
obtained.

22. And, in effect, it may be presumed, that ſo wiſe a man could not but know that all the discoveries that can be made by mankind, cannot reach beyond ſuch a general knowledge. For though a careful diſection of dead bodies exhibits the greater organs employed by na-ture in her operations, and certain veſſels, like-ſiſe, through which the fluids are conveyed from theſe to other parts, yet the original and primary cause of this motion remains inviſible; nor can the eye, affiſted by the beſt microscope, discover thoſe veſſels, for iſtance, through which the chyle is strained through the in-teſtines into the chyliferous veſſels, or the du-cts through which the blood paſſes from the arte-ries into the mouths of the veins. Again, there are numberleſs veſſels and pores in the human body, the ſtructure whereof is ſtill more delicate, which no one yet has ſo much as con-ceived:

ceived: so deficient and gross is our knowledge, which is in a manner limited to the surface of things, but can by no means attain to discover their causes. However, notwithstanding this, there needs no very difficult inquiry to come at the knowledge of what is sufficient (as far as the nature of things will allow) to direct us in the cure of those diseases, which require this kind of skilfulness, as we have intimated above, and especially such a share of it as may induce us to revere the Creator with the greatest humility, whilst we contemplate his wonderful workmanship in those things we are able to account for, and that excellent contrivance in others, which we do not in the least comprehend.

23. And as *Hippocrates* censures such as spend more time in studying the more curious and less useful parts of anatomy, than in practical observations, and consequently in studying nature; so there is the same reason in this age to censure those, who maintain that the art of medicine cannot be better improved, than by new discoveries in *chemistry*. For though gratitude requires us to own the helps we have received from chemistry, whence we have been supplied with some good and well-adapted medicines to answer indications, amongst which the infusion of *crocus metallorum*, the vomitive under consideration, is no contemptible one; so that for this reason chemistry is to be held a very useful art, provided it be restrained within the bounds of pharmacy: yet they are guilty of a fault, or at least a mistake, who work their imagination up to such a pitch, as at length to suppose the chief deficiency of medicine to be a want of efficacious remedies, only procurable from chemistry.

S 4

Whereas,

Whereas, whoever considers the matter thoroughly will find, that the principal defect in the practical part of physic proceeds, not from a scarcity of medicines to answer particular intentions, but from the want of knowing the intentions to be answered. For an apothecary's prentice can tell me, in a very short time, what medicines will purge, vomit, sweat, or cool; but a man must be much converfant in practice to be able to inform me, as certainly, which is the properſt time of administering any particular remedy, in all the different ſtages of diſeafes, and throughout the course of the cure.

*Medicine,
how best
improved.*

24. And, in reality, I am fully perſuaded, that nothing tends more towards the forming a true judgement of this, than an accurate obſervation of the natural ſymptoms of diſeafes, and the medicines and regimen which appear from practice to be beneficial or detrimental. From a careful comparison of all these things together the nature of the diſtemper appears, and the curative indications are much better and more certainly deduced, than by endeavouring to find out the nature of any determinate concrete principle of the body to direct myſelf by. *For the moſt curious diſquisitions of this kind** are only ſuperficial

* *For the moſt curious diſquisitions of this kind, &c.* That a play of words and ſuperficial reaſoning often ſupply the place of real knowledge in the medic art, is a truism not to be doubted; but that mankind are deceived by the term experience, very often, is as certain. For if a man has pursued practice for ſome years, he boasts of his experience, and the world naturally conclude he muſt be well informed from the opportunity he has had of making a variety of obſervations, and ſeeing the effects produced in diſtinct complaints both by the efforts of nature and art.

Where

superficial reasonings, artfully deduced, and cloathed in a beautiful dress, which, like all other things that have their foundation in the fancy, and not in the nature of things, will be forgot in time, whereas those axioms which are drawn from real facts will last as long as nature itself.

25. But though all *hypotheses* founded in philosophical reasonings are quite useless, since no man is possessed of intuitive knowledge, so as to be able to lay down such principles as he may immediately build upon, *yet when they re-*

Where men are well informed in the principles of medicine, certainly by experience their knowledge will be improved, but where they are ignorant of these principles, few advantages will be derived to them by time; they should be properly qualified first, to receive the benefits arising from so faithful an instructor; hence should they be acquainted with the human machine thoroughly, its modes of action, the particular influences to which it is subject, and the powers of whatever medicaments are applied to it in particular cases: and in the cure of diseases they should endeavour to imitate nature, that is, they should endeavour so assist the constitution, that it may either be put into a state incapable of feeling morbid effects from any offensive materials, and thus suffer those matters to pass through the habit without producing mischief; or support the constitution so under the injury it suffers, that it may be enabled by its efforts to conquer the activity of the offending cause; which experience itself will never teach a practitioner ignorant of the different principles above specified: besides there is a sagacity indescribable necessary to form particular discriminations, to investigate the acting cause, and to apply remedies adequate to the strength of the constitution, and properly adapted to the nature of the affection; for it is not the remedy itself, but the propriety of its application, that contributes towards success. In the hands of ignorance the *juvantia* often become the *laedentia*, and experienced physicians will often cure by the very same medicines with which the more injudicious destroy. *W.*

full

sult from facts, and those observations* only which practical and natural phænomena afford, they will remain fixed and unshaken: so that though the practice of physic, in respect of the order of writing, may seem to flow from the *hypotheses*, yet if the *hypotheses* be solid and true, they in some measure owe their origin to practice. To exemplify this remark: I do not use chalybeates and other medicines that strengthen the blood, and forbear evacuants in *hysteric* disorders (unless in some particular cases, where I rather exhibit opiates) because I first took it for granted, that these complaints proceed from the weakness of the animal spirits: but when I learnt, from a constant observation of practical phænomena, that purgatives always increased the symptoms, and medicines of a contrary kind ordinarily quieted them, I deduced my hypothesis from this and other observations of

* Yet when they result from facts, and those observations, &c. In this our judicious author is worthy of the closest imitation; for whoever sets out to practice with the strong bias of a favourite hypothesis on his mind, is sure to be bewildered and confused, and commit a thousand mistakes. Against so preposterous and wrong a step, the young practitioner cannot be too strenuously cautioned, nor too earnestly advised to lay the greatest, I had almost said, the whole stress on experimental knowledge, and not to quit the less agreeable, perhaps, but the sure and safe road of observation, so long as there are any traces of it to be met with in this way.

Sydenham, it must be confessed, sometimes so far forgot himself, as to depart from it, notwithstanding the frequently repeated, and cogent remonstrances contained in his writings to the contrary; but hardly ever without betraying his judgement, and leaving his readers in the dark:—which makes this hint so much the more needful, as well as more important.—See his *Preface, Sparsum.*

the natural phænomena, so as to make the philosopher in this case subservient to the empiric. Whereas to have set out with an hypothesis would have been as absurd in me, as it would be in an architect to attempt to cover a house before he had laid the foundation, which only those who build castles in the air have a privilege of doing, as they may begin at which end they please.

26. But to resume our ſubject: *whatever paſſages those are through which the water paſſes** The infuſion of coccus metallorum, an excellent hydragogue. from the cavity of the belly into the intestines, I am ſure that the vomiting occaſioned by the above-mentioned emetic does powerfully evacuate it, both upwards and downwards. For after the ſecond or third puke, the waters do not ſeem to be forced out ſo much by the ſecreto ry virtue of the medicine, as to run with a full current, the obſtruction being in a manner broken down, and the fluices opened, as mani- feſtly appears by the frequent impetuous evacuation of the waters in the intermediate ſpaces of vomiting.

27. A poor woman, about fifty-five years of age, begged my affiſtance in *August* last. She^{a cafe.}

* *Whatever paſſages those are through which water paſſes, &c.* SYDENHAM ſuppoſes there muſt be ſome paſſages communicating immediately from the intestines with the cavity of the abdomen, from the evacuation produced by vomiting, though no ſuch have been diſcovered by the moſt accurate anatomists; but as all the cavities of the human machine have exhalent veſſels opening on their ſurface, ſo have they inhalent, or abſorbent ones, which in the intestines may probably communicate, immeſſimediately form their external with their internal parts, undiſcoverable by the eſteavours of the moſt indefatigable inquirers, as it is the nature of all ſuch veſſels to collapse, and become imperceptible after death. *W.*

had

had long been afflicted with an intermittent fever, and afterwards lain in prison three years: she had suffered much from cold, and her belly was more swelled than I had ever seen any person's before. I gave her an ounce and half of the infusion of *crocus metallorum* for three days running, and afterwards every other day, as her strength would bear, till she had taken six doses. The first puke occasioned a total suppression of urine, which she afterwards voided sometimes, though very rarely, by intervals; and the oftener the vomitive was repeated, the more water usually came away, and, towards the end of the operation, both upwards and downwards. But after the third dose the swelling began to fall, and in a fortnight her belly appeared to be shrunk a yard, by the thread with which I had ordered it to be measured at first, and she assured me that she had computed she had voided several gallons of water. This enabled her to lay her head upon the pillow, and turn from side to side, as she pleased, whereas before she was constrained to sleep in an upright posture, for fear of being suffocated by the weight of the waters. But the vomits, by their violent operation, raised the vapours so much, as to render their farther use unsafe, whilst, notwithstanding, the remaining swelling of the belly, and the motion of the waters which she perceived upon turning herself in bed, and likewise the pits in the legs, which kept depressed after any thing was pressed against them, fully manifested that there was still much water in her belly; for these reasons, I say, I was forced to finish the cure with purgativés. Accordingly, I afterwards prescribed either the above-mentioned

tioned purging potion; or some other *hydriogogue*, seldom or oftener, as her strength and the vapours would permit; for purgatives do in some measure cause *hysterical* disorders, though of a gentler kind, than vomitives ordinarily do. I continued this method till she seemed to be recovered.

28. During the course, the following remarkable particulars happened. On the intermediate days of purging she sometimes voided water plentifully downwards, and towards the latter end, by urine also, to the quantity of a gallon in a day, though I allowed her only a pint and half, or a quart of liquor,* during that space

of

* *I allowed her only a pint and a half, or a quart of liquor, &c.* Two drams of salt of tartar dissolved in two quarts of a light decoction of the woods make a good common drink in this case, and is much better than small beer.—Or sometimes barley water, acidulated with the acid elixir of vitriol, may be used for the same purpose.

A solution of cream of tartar in water would be a proper drink. Though it was the practice to prohibit the use of liquids in dropical cases, as much as possible, experience convinces us, there is no necessity for such a painful prohibition; for in general the patients have an anxious desire for drink from the great thirst frequently attendant on this complaint; which Dr. HOME says, “ If hurtful, is perhaps the only appetite of the deceitful kind which occurs in diseases;” and adds, “ I have known several cured by drinking Dunse water plentifully, even after it had been carried home, at the end of which time it could not be better than common water. Dr. Baker (in the *Medical Transactions of London*) has given us many cases where cold water, in great quantity, brought on a flow of urine, and cured the dropfy.”—*Clinical Experiments, &c.* Dr. MILLMAN has also recommended the drinking of large quantity of watery liquors in the cure of dropfy. Which mode is approved by Dr. CULLEN, who says, “ I can have no doubt of the practice being very often

of time; so that all the passages seemed to be open. (2.) Towards the conclusion of the cure, the purgative raised the vapours, and the belly swelled much towards the breast, as if it had been filled again with water, which yet I knew could not be, because she drank so little, and consequently that the swelling proceeded only from *flatus*, occasioned by the hurry raised by the purges; and the event verified my opinion. For though she parted with a gallon of water in a day when she purged, yet her belly soon began to swell upwards, causing a difficulty of breathing, and did not fall till the disorder occasioned by the purgatives was gone off, and the body had recovered its natural state and rest; then the swelling and other symptoms vanished suddenly, and returned not till they were again occasioned by the succeeding purge. (3.) Lastly, though this woman, who was above fifty years of age, had not had her *menstruæ* for several years past, they now flowed again violently, and this discharge coming upon the preceding evacuations, greatly increased the number of

“ often extremely proper.” And points out in what cases he thinks it will be useful, and for what reasons. “ I,” continues the Doctor, “ apprehend it to be especially adapt-
“ ed to those cases in which the cure is chiefly attempted
“ by diuretics. It is very probable, that these medicines
“ can hardly be carried in any quantity to the kidneys,
“ without being accompanied with a large portion of wa-
“ ter; and the late frequent employment of the crystals
“ of tartar has often shewn, that the diuretic effects of
“ that medicine are almost only remarkable when accompa-
“ nied with a large quantity of water; and that without
this the diuretic effects of the medicine seldom appear.”—
Practice of Physic, vol. iv.

I knew a woman of fifty-seven cured of an anasarca, conjunctly with an ascites, by drinking copiously of forge water. *W.*

hysteriç

hysterick symptoms, *viz.* the severe pain in the back, in the region of the spleen, and in the head, joined with a severe cough. And farther, though it might seem highly probable that but little water remained in the body, after so large a quantity had been discharged upwards and downwards, and by urine likewise, yet the belly continued as much swelled as it usually was before any evacuation had been attempted. In order, therefore, to quiet these motions, which made her uneasy for a week after the last purge, I was constrained to give *an ounce and half of diacodium*,* for four nights running, and to order the dose to be repeated in three hours, in case she got no rest: and by this means these symptoms were quieted, and the swelling vanished.

29. In the mean time, it must be noted, that if the belly be not much swelled, the waters are not so readily evacuated by the infusion of *crocus metallorum*, as in case of a large swelling thereof; for the very bulk of the water, whilst it is agitated and shaken by the operation of the vomitive, wonderfully promotes its own evacuation; so that for this reason, unless the belly be considerably swelled, it is best to rely entirely on cathartics.

* *An ounce and a half of diacodium, &c.* The simple syrup, with a few drops of the *tinctura opii*, makes an extemporaneous diacodium of a certain strength, and which may therefore be better depended on than the syrup which usually goes by that name.

This is certain, but as the *tinctura opii* in very small doses is sometimes apt to disagree with the patient, and in larger, not to procure the desired effect; the *syrupus papaveris albi* becomes a more eligible medicine, and answers the intent effectually. *W.*

A decoction
of the inner
bark of elder,
curative of
the dropſy.

30. There is another pretty common and simple medicine, which cures the *dropſy* in the same manner as the emetic; it is made by boiling three handfuls of *the inner bark of elder* * in a quart of *milk and water* to a pint, half of which is to be taken morning and night every day, till the cure be completed. This medicine works upwards and downwards, like the infusion of *crocus metallorum*, and therefore cures the distemper in the same manner, and not by any specific virtue: for in case it does not vomit or purge at all, or but gently, it does no service; but if it operates effectually either way, and especially both ways, it proves an admirable medicine in the *dropſy*.

When
ſtrengthening
medicines are
to be pre-
ferred to
evacuants.

31. But, in reality, it is well worth noting, and a common cafe, that water is deposited in the legs, thiglis, and even in the belly, which nevertheless must by no means be evacuated either upwards or downwards. As for instance; (1.) in case a swelling of this kind succeeds a consumption of long standing; or (2.) proceeds from the putrefaction and disorder of some of the bowels; (3.) from poor weak blood; (4.)

* *The inner bark of elder, &c.* Boerhaave says the expressed juice of the middle bark, given from a dram to half an ounce, or sometimes to an ounce, is one of the best hydragogues, where the viscera are found; and that it so powerfully dissolves the humours, and procures so plentiful watery evacuations from all the emunctories, that the patient is ready to faint, from the large and sudden inanition. Still Dr. SWAN tells us, that an ingenious physician of his acquaintance tried the inner bark of the common elder, but did not find it answer his expectation. However, it is certainly a good medicine, which I have seen efficacious, and as a cheap remedy amongst the poorer class of people often recommend its use, giving it in such doses as to produce both vomiting and purging. *W.*

old

old fistulas in the muscular parts, accompanied with a considerable discharge; (5.) great weakness, and an immoderate evacuation of the juices and spirits by a salivation, sweating, or purging; or (6.) from too slender a diet in the cure of the venereal disease. In these and other disorders arising from such causes, purging not only avails not, but increases the distemper by farther weakening the cure of the blood; so that in these cases the tone depends entirely upon strengthening the blood and bowels in the most effectual manner. And, amongst other things of this kind, besides the strengthening medicines hereafter to be enumerated, experience hath taught me that this intention is admirably answered by change of air, and exercise suited to the strength of the patient; the spirits being hereby revived, and the excretory organs restored to their proper functions.

32. There are other cases, likewise, where the waters are not to be discharged by vomiting or purging; for instance, in weak constitutions, and hysterical subjects, they cannot be evacuated by *purgatives*, and much less by *vomitives*, but are to be carried off by *diuretics*. Several of this kind are extolled in the writings of physicians, but the most, if not the only efficacious ones, in my opinion, are *those prepared from lixivial salts*,* from whatever plant the ashes be obtained.

* *Are those prepared from lixivial salts, &c.* These salts certainly promote the urinary secretion, and by proper management that of the skin; particularly the vegetable alkali, called now kali; which has been employed for a series of time as a diuretic in dropſical cases, the success of which in carrying off the ſerous ſuperabundant fluid, has been mentioned by a variety of authors. Both the kali and natron

obtained. But as *broom* is easily procurable, and much esteemed in this disease, I generally order

natron or fossile alkali have been given in doses from ten grains to half a dram mixed in a proper vehicle, two or three times a day, and are often added to decoctions of warm diuretic medicines, such as, *pariera brava*, mustard seed, *broom* tops, *seneka*, *juniper berries*, *winter's bark*, *horse radish*, &c. or to infusions of some of these ingredients in wine, or porter, in the proportion of an ounce to two quarts of the liquid; four spoonfuls of which may be taken every fourth, sixth, or eighth hour. They have also been united with some of the *terebinthinate balsams*, and considered as a powerful diuretic, particularly by Dr. SHAW; the following formula is not an inelegant one:

R. *Aquaæ Menthæ*, 3*ss.*
Balsami copaibæ soluti, 3*ss.*

Cui adjiciantur, *Sp. Juniperi*, 3*ij.*

Aquaæ kali, gtt. *xxv.*

Oxymellis scillæ, 3*ss.* M.

Besides they have been given in conjunction with opiates, which is said to increase their diuretic power by Dr. MEAD and Dr. MONRO, half a dram of the *aqua kali* to thirty drops of the *tinctura opii*, mixed into a draught with any simple water or diuretic decoction, and a little syrup, administered at bed time have produced the best effects; and they may be usefully joined with any of the hydragogue purgatives, such as *jalap*, *gamboge*, *hellebore*, &c. But where there are febrile affections, perhaps the neutral salts are most eligible, particularly the *kali acetatum*.

Dr. Withering, in a pamphlet published at Birmingham in the year 1785, has given us an account of the **DIGITALIS PURPUREA**, *fox glove*, of LINNÆUS; which he considers as one of the most certain diuretics in the whole *Materia Medica*. The leaves are the part in use, which are to be gathered after the flowering stem has shot up, and about the time the blossoms are coming forth, and carefully dried, in order to ascertain the dose, which may be done as exactly as of any other medicine, if these particulars are observed; but if gathered at different seasons of the year, it varies with respect to its powers.

The doses are to an adult, from one to three grains of the leaves in powder twice a day, alone; sometimes united with

order a pound of the ashes of it to be infused cold in two quarts of *Rheniſh* wine, with one or
two

with aromatics, and sometimes formed into pills with soap, or gum ammoniac ; and in the reduced state in which physicians generally find dropſical patients, four grains a day are generally ſufficient.

If a liquid form is preferred, a dram of the dried leaves may be infused in half a pint of boiling water, for four hours, adding to the strained liquor an ounce of any ſpirituouſ water ; two table ſpoonfuls, or an ounce of which given twice a day is a medium doſe for an adult ; if the patient be stronger than uſual, or the ſymptoms very urgent, this doſe may be given once in eight hours ; and on the contrary in many instances, half an ounce at a time will be ſufficient. When this medicine is diſpoſed to purge, opium may be advantageouſly joined with it, for if it purges it fails of ſucceſs, according to the Doctor's account ; but when the bowels are too tardy, jalap may be given at the ſame time ; neither of these additions interfere with its diuretic effects.—Thus far the Doctor ; though ſome physicians are of opinion, that if it be joined with opiates it loses its effects : from this opinion I cannot avoid diſenting, for whenever I have found it neceſſary to add the *tinctura opii* in ſmall doſes to this medicine, I have not perceived any alteration in its effects, and I have repeatedly given it with ſucceſs. I was convinced of the ſuperior efficacy of this medicine as a diuretic over any other in the preſent practice, in a dropſical caſe, at Hampſtead ; a lady had long laboured under viſceral obſtruction, which at laſt brought on a dropſy, an anasarca united with ascites, and tympany ; *squills*, *pariera brava*, *alkaline salts*, &c. were tried in vain ; at laſt the *digitalis purpurea* was given two grains twice a day, with three drops of the *tinctura opii* ; for three days ſhe paſſed conſiderably more water than ſhe had done for ten or fourteen days before, notwithstanding the diſferent diuretics which had been tried to produce this effect, and I am perſuaded that the *digitalis purpurea* is amongst the firſt and moſt certain of the claſs of diuretics. Some practitioners have ſtarted objections to the uſe of this medicine, on account of the violent and indiſcribable ſickneſs they ſay it occaſions, I confeſs I have not ſeen it produce any effects of this ſort to ſuch a degree, as to diſſuade me from having recourse to ſo truly valuable a me-

two pugils of common wormwood, and prescribe four ounces of the filtered liquor to be taken constantly every morning, and at five in the afternoon, and at night, till the swelling disappears; and by this remedy alone I have known this distemper cured, in persons of too weak a constitution to bear purging, when the case was judged desperate.

The blood to be strengthened after the waters are carried off.

33. (2.) To proceed now to the second intention: after the waters, whence this disease immediately proceeds, are wholly evacuated, in general only half the work is done, inasmuch as the weakness of the blood, whence it originally proceeds, remains to be removed* by a long and daily use of heating and strengthening medicines, in

edicine. Various other medicines are recommended in modern medical works for this purpose, such as, the ashes of broom seed, Bacher's pills, tobacco ashes, liquid sulphur of antimony, slight doses of bark and oil of juniper, vitrum antimonii ceratum, small doses of opium in geneva, seneca root, &c. accounts of all which may be found in the *Medical Commentaries of Edinburgh*, and the *Medical Observations of London*. And one instance I remember to have heard of a man being cured, after all the powerful remedies usually given in dropfical cases had been tried without success, by a table spoonful of the expressed juice of leeks taken night and morning. *W.*

* *The weakness of the blood remains to be removed, &c.* That is, the tone of the solids, after the evacuation of the water, is to be strengthened, being left in too weak a state: Dr. CULLEN says, " This indication may properly have place from the very first appearance of the disease; and certain measures adapted to this purpose may, upon such first appearance, be employed with advantage; as in many cases of a moderate disease they may obviate its future increase." For which purpose he recommends bandaging, friction, and exercise, upon the coming on of oedematous swellings of the legs and feet. — *Practice of Physic*, vol. iv. . . .

But

in order to prevent a fresh collection of water, or, in other words, a relapse. For though young persons frequently recover, after the waters are sufficiently carried off, without any other help, their natural heat supplying the place of the above-mentioned remedies, yet the ancient and infirm, under these circumstances, must have immediate recourse to such simples as warm and strengthen the blood.

34. And here, besides those hereafter to be set down, recourse may be had to such as I have commended above in treating of the *gout*, ^{The medicines proper in this case.} whether of the medicinal or dietetic kind, or

But when the serum is evacuated, tonics and exercise we must have recourse to, particularly *bitters*, *bark*, *chalybeates*, to which may be joined aromatics; generous wine may be used in moderate quantities, and such diet as is nutritive and easily digested; for in these cases the digestive powers are apt to be much debilitated; amongst the most powerful of the bitters may be ranked, *ginseng*, *extract of camomile*, or *the powder*, and *lignum quassia*, using along with them some of the stimulating diuretics. And as one of the most powerful tonics which we know of on particular occasions, is cold bathing, Dr. CULLEN recommends it at this period; though at the beginning of the dropsy, he says, "When the debility of the system is considerable, it can hardly be attempted with safety; after, however, the water has been very fully evacuated, and the indication is to strengthen the system for preventing a relapse, cold bathing may perhaps have a place; it is at the same time to be admitted with caution, and can scarcely be employed till the system has otherwise recovered a good deal of vigour; when that indeed has happened, cold bathing may be useful in confirming and completing it."

—*Practice of Physic*, vol. iv.

And it will also be necessary to promote perspiration, by such means as at the same time that they keep up a freedom of circulation, and determine the fluids to the surface, invigorate the system in general, hence riding exercise, taken constantly, is of admirable utility. *W.*

belonging to the rest of the non-naturals, inasmuch as these two diseases have this property in common, namely, that the same strengthening remedies tend to remove the original cause in both; only *wine*, which should be wholly refrained in the *gout*, may be advantageously used in the *dropfy* for common drink. It must, however, be owned, that as we only learn from the apparent symptoms, and the effects of whatever does good or harm, that both these and several other *chronic* diseases proceed from the weakness of the blood, and indigestion, we have yet but a superficial knowledge of distempers, and cannot find out their essential differences, and the *specific* ill qualities of the juices, arising from such indigestions, the common cause of all *chronic* diseases. Add to this, that we are utterly ignorant of the various peculiar alterations in *acute* diseases, proceeding from the same cause, namely, the inflammation of the blood. Since, therefore, we have no *specifics* for these and other *chronic* diseases, we are constrained to adapt the curative method to the more general cause, rather than the essential nature of diseases; varying the procedure occasionally, conformably to the spontaneous indication used by nature in expelling diseases, or being guided by experience, which teaches the best method of cure in every distemper.

*Wine to be
drank freely,
after the
water begins
to pass off.*

35. Again, in order to answer the intention under consideration, *viz.* the strengthening the blood, whether the evacuation of the water be procured by this diuretic medicine, or by purging, or vomiting, in the manner above specified, the patient, if able to purchase it, must be ordered to drink *wine*, during the course of the

the cure, after the passages are in some measure opened, and way is made for the water to pass off. Or, otherwise, instead of wine he should drink good strong beer, because all small and cooling liquors, how agreeable soever they may be to the palate, by reason of the thirst which generally accompanies this disease, render the patient more phlegmatic, and increase the water, and for this reason are seldom or never to be allowed. Whereas, contrariwise, strong liquors, excepting distilled spirits, promote the recovery so much, as sometimes to effect a cure alone, in the beginning of the disease, when there is but little water in the belly, and especially if they be impregnated with heating and strengthening herbs. Thus I have ordered persons of low circumstances, who could not purchase better remedies, to infuse a sufficient quantity of *horse radish root, the leaves of common wormwood, scurvy grass, sage, the lesser centaury, and the tops of broom in strong beer*, and use it for common drink. Persons of fortune may infuse the same ingredients in *canary*, and drink a small draught of it twice or thrice a day, at proper times, with the above-mentioned medicines: or *wormwood wine*, if more agreeable, may be used instead of this, taking nine spoonfuls of it, after two drams of the *digestive electuary* above set down, every morning, at four in the afternoon, and at night. This electuary sufficiently answers this intention, and is much the best strengthening medicine.

36. But it is of great moment in this case to drink very sparingly of small liquors, inasmuch as all of this kind in some measure increase the waters; and some persons have been cured by refraining

Thirst, how allayed.

fraining from potables entirely;* for which reason, if small liquors be sometimes indulged, they must be drank very moderately. However, as this disease is generally attended with great thirst, which is farther increased by forbearing small liquors, it may be proper to wash the mouth often with *cold water*, acidulated with *spirit of vitriol*, or to hold a few *tamarinds* in the mouth between whiles, or chew a slice of *lemon*; but none of these must be swallowed, by reason of their coldness, which is prejudicial in this cafe.

Steel and garlic good strengtheners.

37. *Steel* is an excellent strengthener in the beginning of the disease, inasmuch as it warms and strengthens the blood; and for the same reason *garlic* is very serviceable: I have known the *dropfy* cured by *garlic* alone, by the direction of other physicians.

Emetics and cathartics not required in all drop- fies.

38. It must be observed, that that kind of the *dropfy*, in which only the legs or the belly swell moderately, does not immediately require to be cured by *emetics* and *cathartics*, but frequently yields to the above-mentioned heating and strengthening liquors. It is, however, principally to be noted, that whenever the cure is attempted by *strengthening* or *lixivial* medicines only, both rough and gentle purging must be forborn; because purgatives destroy the effects of strengthening medicines, as a person must

* Some persons have been cured by refraining from potables entirely, &c. Though this is certainly true, still it is one of the most painful remedies to which human nature can submit; indeed there are very few possessed of fortitude sufficient to make the trial; and it is happy for us there appears not now any necessity, as experience has convinced us, that drinking of watery liquids often proves a cure. See Note * above, pag. 285. IV.

needs

needs own, who has observed the swelling fall from the use of strengtheners, and increase immediately upon purging. For though whilst we attempt to carry off the waters, it may be proper to give strengthening medicines between times; yet when the cure depends altogether on strengthening the blood, we must not meddle with cathartics.

39. It must also be remarked, that the *dropfy* An inveterate dropfy incurable. is not always cured by answering both indications; *viz.* (1.) by carrying off all the water contained in the belly, and (2.) administering heating and strengthening medicines to prevent a fresh collection of water. For it often happens in an *ascites* of several years standing, that the waters by laying a long time upon the bowels alter their substance, and putrefy them and the neighbouring parts, breed preternatural glands, and form small bladders full of a corrupted *serum*,* and reduce all the parts situated in the cavity of the belly into a kind of putrefactive state, as appears upon dissecting the bodies of those that die of an inveterate *ascites*. The distemper in this state is incurable in my opinion, but nevertheless, as the physician cannot certainly tell how much the bowels are injured, he ought to do his best to forward the cure by evacuating and strengthening medicines, and not to lose all hope himself, or cause the patient to despond. And it is for this reason his duty to act thus, because in abundance of diseases, when the morbid matter is quite carried off, nature, which perpetually helps us, contrives spontaneously, in a wonderful manner, to expel the pernicious remains of the distemper. Hence

* These are usually called *hydatids.*

every

every kind of *dropſy*, how obſtinate ſoever it proves, and how much ſoever it may have injured the bowels, may be treated in the ſame manner as if it was recent.

Outward applications of little service. 40. *As to topics, or external applications, according* to the best of my obſervation, they never do*

* As to topics, or external applications, &c. Notwithſtanding what our author ſays with reſpect to the ineſſicacy of topical applications, they certainly are, in many caſes, uſeful auxiliaries. In the anafarca, the application of cabbage or colewort leaves to the extremities have produced good effects in drawing off a large quantity of water, as well as ſcarifying the cutis, or applying blifters to those parts, and ſetting pea iſſues a little below the knee. With reſpect to ſcarification, the operation is best performed by making ſmall punctures at ſome diſtance from each other, to prevent a gangrene ſucceeding, which is apt to come on in ſome caſes, particularly where the inciſions are conſiderable. Dr. FOTHERGILL ordered the operation to be performed with the ſcarificator uſed in cupping, the instrument placed ſo as to make the wounds tranſverſely; and if the ſkin was thick, the lancets to be ſet ſo as to make deeper, and conſequently wider inciſions. From ſmall punctures many advantages occur, for they are equally effi- cacious with large wounds, leſs painful, and more free from dangerous conſequen-ces; beſides, pa- tients will bear a re- petition as often as neceſſary without reluctance.

Dr. HOME has made trial with iſſues, and ſucceeded in draining the aqueous fluid from the machine effectually; theſe ſhould be ſet below the knee; and ſome prefer cauſtic to the lancet for this purpoſe. The iſſues though ſhould be applied early in the diſease, before the parts have loſt too muſh of their natural tone, elſe the places where the iſſues are ſet will run a riſk of becoming gangrenous. Blifters alſo applied to anafarcous limbs have been attended ſometimes with great ſucceſſ in this intent; “ But they ſhould,” ſays Dr. CULLEN, “ be applied with great caution, leſt the bliftered parts ſhould have a gangrene come upon them;” he therefore thinks they are only adiſeable before the diſease is far ad-vanced.

Heat applied to the ſurface of the body may not be im-properly enumerated amongst the external applications for drawing

do much service in this disease. The least pernicious are those which are applied by way of cataplasms or liniment to the belly to discuss the swelling; though I do not see how the waters can be discussed. But there are other things prescribed by some instead of internal medicines, which are so far from being serviceable, that they generally prove detrimental; as ointments made of strong purgatives, and applied to the belly, and blisters to the legs and thighs, to discharge the water when the parts are considerably swelled. But both these applications are unsafe; for by the former the purgative quality of the ingredients is so deeply fixed in the muscles and membranes, as to occasion an incurable *hypercatharsis*, or super-purgation; and as to blisters, which empirics commonly apply to the above mentioned parts, they quite extinguish the natural heat, much diminished already by the stagnation of the water, and thus often cause a gangrene, which is too common an accident in this case. For the slightest wound is very diffi-

drawing off the humidity from the machine; and by some authors is said to have been successful; though others seem to be doubtful in this point, particularly Dr. CULLEN, who says, "That if such measures have been truly useful, "as it has seldom been by drawing off any sensible humidity, it has probably been by their restoring the perspiration, which is so often greatly diminished in this disease, or perhaps by changing the state of the skin, from "its imbibing condition into that of perspiring."

Sweating has been thought a probable means of evacuating humidity; to produce which, patients have been directed to be wrapped up in warm flannel, and take some sudorific medicine, particularly the pulvis ipecacuanhae compo-
situs, P. L. every other night; and to encourage the sweating moderately, with the mixtura e camphora. Some give this powder for three or four nights successively. *W.*

cultly

cultly healed in dropsical subjects, especially in a depending part, because the substance of the flesh in these parts is so surcharged with moisture that the *serum* flows continually through any passage it finds, and thereby obstructs the healing of the wound. *And in my opinion the operation of the paracentesis,* commonly called tapping,*

* *And in my opinion, the operation of the paracentesis, &c.* This operation for evacuating the water from the cavity of the abdomen in an ascites, our author inveighs against, from not having an opportunity of seeing its utility when performed in earlier stages of the disease; for in his day it was had recourse to only in the latest periods, where no permanent good could be expected; an error which later experience has corrected: and indeed it is rational to conclude, that in these cases, where the fluctuation of the water is perceptible, the distension of the abdomen sufficiently large, and various internal means have been tried without success, that the operation should be performed as soon as possible, before the viscera are injured by laying so long soaked in water, and the mouths of the absorbent become from the same cause so extremely relaxed, as to be incapable of recovering their tone and action. On the early use of the paracentesis, the late Dr. FOATHERGILL has written a paper in the fourth volume of the London Medical Observations and Inquiries, approving of this mode, and certainly it is right, whether we consider it in the light of a palliative, or radical remedy: for the performance of which operation Mr. Bell's Surgery may be consulted, vol. ii. pag. 345, 346—where he has accurately described it, pointed out the most proper place for the perforation, and given us plates of the improved trochar, and bandage for making an equal pressure during the evacuation of the serous fluid, in order to prevent the patient's fainting, and indeed, in some cases, expiring; which might occur without some such regular pressure, as was formerly observed by Dr. MEAD, to whom the world is obliged for the prevention of such dangerous and oftentimes fatal effects attendant on the operation before his time.

Rubbing the abdomen with oil alone, or highly impregnated with camphor, is thought an useful assistant in ascites; indeed I have heard the cure attributed to this last application; for my own part, I consider it serviceable in taking

off

which ſome practitioners commend, is not leſs hazardous, or more ſuccesful than blifters.

41. To conclude: Though when this diſtemper is become *a true ascites*, it *has always been held incurable*,* it will nevertheless be found as certainly curable, provided it be treated according to the method above delivered, and the bowels be found, as ſeveral other diſeases that are ordinariily eſteemed leſs dangerous.

42. But if any one ſhould find fault with theſe remedies, as being ſimple and evidently artleſs, I may with more reaſon reprove him for his vi- cious turn of mind; in exclaiming againſt cu- ring other perſons with ſuch ſimple medicines, when he would wiſh to be cured himſelf, or have his wife, or children cured, in caſe of fickneſs, by the ſimpleſt and cheaſeſt remedies. To which we may add, that he expoſes his weakneſs by making ſo trifling an objeſtion, as the luſtre and excellenſe of the art of medicine are not ſo clearly ſeen in elegant preſcrip- tions, as in curing diſeases.

43. Theſe are the obſeruations I had to com- muni- cate on theſe two diſeases, the *gout* and *dropſy*, and I believe I ſhall hardly meddle with

off abdominal paіns, of which ascitical paіnts ſometimes complain; this I have known it to do completely, but as to its diuretic powers, practice has not yet furnished me with any thing likely to favour ſuch a ſuppoſition. *W.*

* *A true ascites, it has always been held incurable, &c.* An *ascites* coming upon other diſeases, in which the *vifcera* were actually tainted, or approached that ſtate, and attended with an extravafation of *ſerum*, occaſioned by a rupture of ſome lymphatic veſſels, or hydatids, a waſting of the upper parts, great thiſt, and an eva- cuation of a very high coloured urine, in a ſmall quantity, which drops a ſediment upon ſtanding, may in general be reckoned incurable.

any

any others. And as to the works I have already published, if a person will only give them a single reading, I am sorry I should be the means of making him lose his time; but if he will peruse them often, and commit them to memory, I dare say he will reap such advantage from them as may in some measure equal my wish, and the great pains I have been at, in making and compiling them. And, indeed, the faithfulness wherewith they have been delivered, can only be learnt by being conversant in practice, and as accurate and diligent an observer as I have been. But if, in the few things I have written, I have kept close to nature, without embracing the opinion of any man, though of the greatest eminence, I am persuaded the judicious part of mankind will not condemn me, who cannot but know, that the improvement of medicine is alike obstructed by two sorts of men. The first are those who do not at all contribute to improve the art they profess, but hold those in contempt who do so in the smallest degree; and these men screen their ignorance and idleness with the specious pretence of *an extraordinary respect for the ancients*, from whom, they contend, *we ought not in the least to depart.**

The improvement of medicine, by whom obstructed.

44. But

* *An extraordinary respect for the ancients, from whom we ought not in the least to depart.* This is truly absurd, and ridiculous in the extreme; for had men paid so slavish an obedience to the ancients as not to deviate from them, improvement in the medic art would have been stopped in its progress, and we should still have been blundering on in their errors; for no man can certainly be so nonsensical as to advance, that the ancients had arrived at the achme of perfection in an art so complex, and which, at present, lies in many points enveloped in obscurity; no man can be so blind

44. But why do we own that all other arts, which are of less importance to mankind, have been considerably improved without doing any injury to the ancients; and hold physic alone to

blind as not to be conscious of the vast variety of improvements which the healing art has received in all its branches within the last century, not only by the extinction of a number of false notions with which it was originally loaded, but also by the large addition of many valuable discoveries which were to them totally unknown: and, on the other hand, it is equally ridiculous to disregard, much more so, to hold the ancients in contempt, for medicine has not been a little obliged to their indefatigable industry, which has enriched this science with a number of useful observations; and though their writings may be crowded with many false principles, still, amidst all that farrago of absurdities with which they abound, there are many truths to be found, which are worthy of being adopted at this day; indeed, some of their modes of cure, which were formerly thrown out of practice, are now re-introduced, and generally pursued: nay, had succeeding ages followed the plan of **HIPPOCRATES**, in simply observing the efforts of nature, perhaps the art would have long since greatly exceeded the limits of its present excellence; however, much praise is due both to the ancients and moderns, they are both worthy of being studied with the strictest attention. **HIPPOCRATES**, **ARETÆUS**, **ALEXANDER TRALLIAN**, **TULPIUS**, and others of the ancients, will amply repay us for our labour, whilst **SYDENHAM**, **BOERHAAVE**, **HOFFMAN**, **SAUVAGES**, **CULLEN**, and many of the moderns, highly reward us, by making the closest application to their works the source of pleasure and emolument. These will convince us what progress has been made in the healing art, and there can be no doubt but fresh discoveries will be constantly presenting themselves; for now the short and certain path to true knowledge seems to be open; Hypothesis, the whimsicality of conceit, with all their fantastic follies, have taken wing, and experiment, and reason founded on experience, are permitted to direct us in our pursuits. From such pilots what may we not expect? Every thing which is clear, every thing which is true, every thing which is attainable by human industry, established on so firm a foundation, that time, which destroys all things, will only contribute to make these more permanent. *W.*

be

be entirely perfect? Could not the inventors of the surer way of sailing, now practised, try the use of the compass, which succeeds so well, without contemning the ancient mariners, who being less skilful directed their course by observing the stars, and the windings of the land? Or why must the accurate and perfect art either of building ships or commanding them in engagements, in which the inhabitants of the *western* parts of *Europe* are best skilled, be a reflection to those ship-carpenters, who built the fleets that engaged at *Actium*; or an *Augustus* and *Mark Anthony*, who were such great commanders both by sea and land? Besides, there are almost numberless examples of things discovered by the moderns, which eminently excel the inventions of the ancients, the inventors whereof have no greater right to lessen our opinion of the ancients, than a son, who by his prudent management and industry improves his inheritance, has to lessen that of his father.

45. There is likewise another kind of men, who out of vain affectation to pass for persons of superior understanding, plague the world with speculations, that do not at all contribute towards the cure of diseases, but rather tend to mislead, than to direct the physician. It should seem that nature has given these men wit enough to reason in a superficial manner about her, but denied them judgement to teach them that all the knowledge of her is to be had only from experience; the human mind being restrained to the narrow limits of knowledge derivable from the senses. Whence, though a man may become as wise as his state will allow, yet no one will ever

ever attain to be a philosopher, at least, in the degree that great name imports. But all the philosophy of a physician consists in searching into the history of diseases, and applying such remedies as experience shews to be curative thereof; observing, as I mentioned elsewhere, the method of cure, which right reason, founded on the trite and natural way of thinking, and not on vain speculation, points out.

POSTSCRIPT,

Treating of the Causes, Signs, and Cure of the WINTER FEVER.

1. **W**ITH the reader's leave, I will here subjoin an observation of moment, concerning the discovery and cure of fevers, which escaped my memory, or otherwise had been mentioned in a proper place. *I have found a certain fever** prevail from the beginning of

* *I have found a certain fever, &c.* Dr. MACERIDE considers this as a mixed fever, and terms it *febris hyemalis*; SAUVAGES, a species of *SYNOCHUS*, naming it *synochus hyemalis*, though he thinks it merits more the denomination *catarrhalis*; both these authors have taken their account from SYDENHAM; Dr. CULLEN classes it as a variety of the *SYNOCHA*, or inflammatory fever. HUXHAM, in his *Observations de Aere & Morbis epidemicis*, describes a fever which, he says, nearly resembles this: and Dr. SWAN thinks the mild catarrhal fever of HOFFMAN, which that author so accurately describes, and treats with so much judgement, bears to this a great similitude. *W.*

winter to the beginning of spring, which, both in the symptoms and method of cure, manifestly differs from the then reigning *stationary*, or *epidemic* fever of the general constitution, and is therefore to be reckoned amongst those fevers I call *intercurrents*.

Its causes.

2. It seems to proceed from the coldness, density, and moistness of the air, whence the pores of the skin are closed, and the blood, from an obstructed perspiration, loaded with a copious *serum*, which by its long continuance in the vessels becomes prejudicial, putrefies, and easily raises a fever upon taking cold, or from some other slight cause. And if there be much *morbific matter*, it occasions such a fever as we have described, under the title of the *bastard peripneumony*. But if there is only a small quantity of *morbific matter*, it only produces the symptoms I proceed to enumerate.

Symptoms.

3.. (1.) Paroxysms of heat and cold succeeded alternately for a day or two after the beginning of the fever; (2.) a pain in the head and limbs, and an universal restlessness accompany it; (3.) the tongue is white; (4.) the pulse much the same as in healthy persons; (5.) the urine turbid and high coloured; and (6.) the blood like that of *pleuritic* persons; (7.) it is also generally attended with a cough, but not with such a difficult respiration, straitness of the breasts, and so violent a pain in the head in coughing, as ordinarily happen in a *bastard peripneumony*. Hence this fever has none of the distinguishing and capital symptoms of a *peripneumony*, though it differs from this distemper only in degree: I call it the *winter fever*.

4. Though

4. Though this fever, in the beginning, is ill treatment only attended with the symptoms proceeding ^{of it pro-}duces several from taking cold, yet abundance of pernicious ^{bad symp-}toms arise from treating it in an improper manner, which at length prove mortal. For if the patient be confined in bed, and tormented with cardiacs to raise sweat, and carry off the fever, which however is seldom effected, it is frequently accompanied with a delirium, a lethargy, a weak and irregular pulse, a dry tongue, and an eruption of red, and sometimes livid spots. These and the like symptoms, though they are reputed by some to proceed from the *malignity* of the disease, as they affect to term it, are in reality to be ascribed to ill treatment: for this fever being naturally highly inflammatory, cordials, and lying always in bed, add to the inflammation of the blood, which hurries and disturbs the spirits, and occasions a translation of the morbid matter to the brain, and of course increases all the symptoms.

5. To cure this fever, I endeavour to make a revulsion of the copious serum collected by the diminution of insensible perspiration in the winter, by bleeding, and to carry it off by repeated purgation. With this view, as soon as I am called, I order nine or ten ounces of blood to be taken away from the arm; and the next day I exhibit my common purging potion.

Take of tamarinds, half an ounce; the leaves of senna, two drams; rhubarb, a dram and half; boil them together in a sufficient quantity of water to leave three ounces of strained liquor, in which dissolve manna, and solution of syrup

U 2 of

A purging draught.

of roses, of each an ounce: mix them together for a purging potion, to be taken betimes in the morning.

I repeat this potion twice more, interposing a day between each purge, provided all the symptoms do not go off before. And in the evening after the operation I give an ounce of *syrup of poppies*, for an opiate. On the intermediate days of purging, if the patient has a cough, I prescribe the *pectoral decoction*, and a *linctus* made of fresh-drawn oil of *sweet almonds*, *syrup of maiden-hair*, and *syrup of violets* mixt, to be taken between whiles. And to allay the excessive heat of the blood, if the fever be very violent, I prescribe an emulsion of the cold seeds, and also the following julap:

A cooling
julap.

Take of the distilled waters of water lily, *purflain*, and lettuce, each four ounces; *syrup of lemons*, an ounce and half; *syrup of violets*, an ounce; mix them together for a julap, a draught of which may be drank at pleasure.

The regi-
men.

6. In the mean while I order the patient to keep from bed in the day-time, and to forbear flesh; but after the first or second purge, I allow him a draught of thin chicken broth now and then. It must however be noted, that if any violent symptom, as a difficulty of breathing, or a sharp pain in the head on coughing, shews that this distemper nearly resembles a *bastard peripneumony*, both bleeding and purging must be repeated at proper intervals, till the symptoms vanish entirely; and the patient is to be carefully treated according to the method laid down in our discourse on that disease. But the

the fever under consideration very seldom proves so violent, as to require any farther evacuation after bleeding once, and purging thrice.—But enough of this, which, however, I thought proper to mention, that this *winter fever* might not be reckoned a *stationary*, or an *epidemic* fever of any general constitution; being certain abundance of persons have lost their lives, for want of attending to, or knowing this particular.

SCHE DULA MONITORIA:

O R

An ESSAY on the Rise of a NEW FEVER,

To which are added,

TWO DISSERTATIONS,

*One, on the PUTRID FEVER happening in the
CONFLUENT SMALL POX;**And the other, on voiding bloody Urine from the
STONE in the Kidneys.*

T O

DR. CHARLES GOODALL,

Fellow of the COLLEGE OF PHYSICIANS.

AS soon as I came to a resolution of publishing my late remarks on the fever of the present constitution, I thought myself obliged to dedicate the performance to you, principally, for two reasons. The first is, because you are my intimate friend, and have constantly defended me against all my opponents; not so much for my own sake, as out of an inherent generous disposition, and great integrity of mind, which induced you to support me in what you knew was truth, though at a time when most of the faculty exclaimed against me.

I ought

I ought not however to be, nor indeed am I, offended with them; for as many vile pretenders to the art of medicine, by extolling their fanciful speculations, in order to increase their reputation, have so frequently imposed upon mankind, it was altogether becoming wise and ingenious men not to admit hastily, and without a previous examination, the particulars delivered by me, which were very opposite to the received method of practice. Notwithstanding this, as I am not less indebted to you, I judge it my duty to make you a public acknowledgement; gratitude being the distinguishing mark of a great and noble soul.

The other reason of my addressing this treatise particularly to you, is the intimate acquaintance and correspondence which have existed between us for several years, whence you must needs be the best judge of the pains I have taken to collect the observations I have already published, relating to the history and cure of various diseases. And though they were printed separately, and at the distance of some years from each other, according as I came at the knowledge of them, yet they are, in my opinion, so deficient and imperfect, that I ought rather to be ashamed of, than expect any reputation from them. But this may be at least pleaded in my behalf, that though the space of thirty years, which I have diligently employed in observing diseases, should seem sufficient to give a person a completer knowledge of them than I have attained, yet I scruple not to affirm, that though the same compass of time is more than enough to perplex the mind with speculative and fictitious reasonings,

borrowed from books, which contribute no more to the cure of diseases, than painting does to the improvement of navigation, yet four times the number of years would be too little, even for a physician in full practice, to carry every branch of medicine to perfection. I have used my best endeavours to collect the most accurate observations and sent them to the press without delay, that the public might immediately reap the benefit of them, in case they contained any thing of use: and having thus done my duty, my mind is at rest, and I am not at all solicitous what receptions my writings may meet with. To this give me leave only to add, that as a person who does not esteem them will do me no prejudice, so, whoever gives them but a single reading, will be but little the better for them.

But enough of this: and now, worthy Sir, let me entreat your kind acceptance of this performance, which I intend as a public acknowledgement of the great respect I bear you, in which others also join with me, who are less acquainted with your merit than I am. As I have not the least dependance upon you, I cannot justly be supposed to flatter you, by openly professing as I do (to speak within compafs) that there is not a better physician living, and that I never knew an honester man.

It is my wish, that you may outlive me many years, and be at the head of the profession, not so much to raise a fortune for your heirs, (which in comparison with the subsequent reason, betrays more of the brute than the man) as to teach mankind the methods of overcoming those difficulties in curing diseases, which have hitherto

hitherto perplexed the art of medicine, and hindered its improvement. And, in order to this, you may, if you think fit, build upon the foundations I have laid, but yet, so as to correct, with your usual humanity, the mistakes I may possibly have made in my observations on the history and cure of any particular disease, when any such shall appear manifest to you from a long course of experience. Nor will this be doing the least injury to the memory of one after his decease, who in his life-time had nothing more at heart than the improvement of medicine, by whomsoever it was effected, not so much, indeed, by learned discourses on the nature of distempers (of which we have already too many) as by a certain and genuine method of curing them. Adieu, worthy Sir, and continue your friendship to

Your most obliged humble servant,

THO. SYDENHAM.

S C H E.

SCHEDULA MONITORIA:

OR

An ESSAY on the Rise of a NEW FEVER.

The rise of a new constitution and fever. 1. **T**HOUGH my declining age, and a constitution much broken by long illness, might justly excuse me from any great application of mind, yet I cannot forbear my endeavours to contribute towards the health of others though at the expence of my own, by advertising my countrymen of the entrance of a new constitution which has given rise to a new and very different kind of fever from those which lately prevailed.

Preceded by a sharp frost. 2. It must be remembered that intermittent fevers began first in *autumn*, in the year 1677, and increased daily, and became epidemic till they came to their state or height; and afterwards gradually decreased, so far as in the latter years of this constitution to appear so seldom, that they could scarce be reckoned epidemic. And for this reason it must also be observed, that the two last years of this constitution, now in its declension, were respectively attended with a very severe winter, especially the former, *viz.* in 1683, in which the cold was sharper, and lasted longer than the oldest person living remembered it had done before: for the *Thames* was frozen over so hard, as to bear the weight of carts, and booths with different sorts of merchandise, and vast crouds of people. Though the cold

cold was neither so severe, nor lasted so long, the following year, namely, in 1684, yet, as soon as it began to thaw in *February 1685*, the fever I intend to treat of here appeared, which I esteem a new sort of fever, and altogether unlike the fever of the eight foregoing years.

3. Now, whether the change of this constitution is to be ascribed to the alteration of the manifest qualities of the air, which happened during these two winters, I know not, as having observed that no alteration of the sensible qualities of the air, however different, have produced species of *epidemic* diseases; and that a certain succession of years, though they have differed from one another in their outward appearance and temperature, have, notwithstanding, all conspired in producing the same species of *stationary* fevers. Having, therefore, maturely considered these particulars, I concluded, as I have elsewhere remarked, that the change of a constitution depends principally on some secret and hidden alteration in the bowels of the earth, communicated to the whole atmosphere, or on some influence of the planets. It must, nevertheless, be noted, that upon the departure of the *depuratory* fever some time ago, a severe frost happened in the beginning of winter in 1664, which abated not till towards the middle of *March*, and was soon succeeded by a *pestilential* fever, and, in a short time afterwards, by the *plague* itself. But however this may be, the fever under consideration, which began at the above-mentioned period of time, namely, in *February 1684*, has spread itself all over *England*, both the last and this, had been much more epidemic in other places than at *London*.

4. When

The author
at first mis-
takes the
species of
this fever.

4. *When I was first called in this fever,* I firmly believed it was not one of that species of fevers I call *stationary*, but rather of the class of *intercurrents*, which happen promiscuously in most years: so that I esteemed it the same kind of distemper as the *bastard peripneumony*, which I have described above; with this difference only, that this fever was sometimes not attended with those symptoms which characterized and distinguished that disease; as (1.) a violent cough; (2.) a severe head-ach in coughing; (3.) a giddiness upon the least motion, and (4.) a great difficulty of breathing; all which are the general attendants of a *bastard peripneumony*. But as my bookseller pressed me, at that time, to give a new edition of my writings, I judge it proper to publish my conjecture by way of postscript, in which I now find I was mistaken; having, indeed been led into it by the manifest likeness there appeared between this fever and the *bastard peripneumony*, which happens now and then every winter: but in the beginning of summer, which season commonly terminated those peripneumonic fevers, this fever was still continued,*

* *When I was first called in this fever, &c.* Dr. CULLEN considers this as a species of *TYPHUS*; *Note, page 350. volume i.*; but of the milder kind, and arranges it under that genus by the name *FEBRIS NOVA*. I do not find, that *SAUVAGES* or *MACBRIDE* have taken any notice of it in their classification; and indeed, if we accurately examine the description and progress of this disease, we shall find it more properly belongs to this place, than to the *synocha* or pure inflammatory fever, as *SYDENHAM* thinks; who, in the last part of the sixth paragraph, says, "And "it appears manifest to me, that this fever is only a simple "inflammation of the blood." W.

whence,

whence, soon perceiving my error, I was fully persuaded that this fever was to be referred to a new constitution.

5. This fever, from the justest observation I could make, was generally accompanied with these symptoms. (1.) Intervals of heat and cold succeeding each other, and (2.) frequently a pain in the head and limbs; (3.) a pulse not much unlike that of a healthy person; (4.) the blood taken away commonly resembling pleuritic blood; (5.) a cough mostly, which, with the other concomitants of a mild peripneumony, goes off so much the sooner, as the disease comes on at the greater distance from winter; (6.) sometimes a pain in the neck and throat in the beginning of the illness, but not so violent a one as in the quinsy; (7.) though the fever be continual, yet it often increases towards night, as if it were a double tertian, or a quotidian; (8.) lying always in bed, though with a few cloaths on, is dangerous; for the fever being thereby translated to the brain, a *coma* or *phrensy* soon succeeds. And to speak the truth, there is so great a tendency to a *phrensy* here, that it frequently comes on spontaneously of a sudden, without any such occasion, but rises not to such a height as it does in the small pox and other fevers: the patient being rather calmly, than furiously delirious, and talking wildly between whiles. (9.) *Petechiæ*, or eruptions frequently appear, occasioned by an unseasonable use of cordials, and a hot regimen, and in young persons of a warm constitution purple spots, which are certain signs of a considerable inflammation, both in this and all other

other kinds of acute diseases; (10.) and sometimes such spots as are termed *miliary* eruptions come out all over the surface of the body, appearing much like the measles, only they are redder, and when they go off, do not leave branny scales behind them, as in that disease: though these eruptions do sometimes come out spontaneously, yet they are frequently driven out by the warmth of the bed, and cordials. (11.) The tongue is either moist or dry, according to the regimen which has been used; when dry, it is brown in the middle, and white round the edges; but when moist it is white and foul. (12.) Sweat, likewise, depends upon the regimen; for if that be over-heating, it is in a manner viscous, especially about the head, and though it flows plentifully and universally, affords little relief; whence it follows, that such sweats are only *symptomatic*, not *critical*. The raising a sweat by medicine in the beginning of the distemper ordinarily translated the morbid matter, if not to the head, at least to the limbs. But when the fever has seized the head, and the phrensy prevailed, the signs of the former vanish, only the pulse beats sometimes quick and sometimes slow; at length, however, when the spirits are exceedingly hurried by wrong management, the pulse intermits with startings of the tendons and death soon follows.

How to be
cured.

6. As to the cure: those signs of the peripneumony which accompanied this fever at its rise, soon after the beginning of winter, convinced me, as I said before, that it was to be referred to the class of peripneumonic fevers; and therefore I had immediate recourse to that method

thod which I formerly recommended in the cure of a bastard peripneumony, in the postscript to my epistle on the dropsy. And, indeed, this method agreed pretty well with the few patients which my ill state of health suffered me to attend, and with others, also, who used it upon my recommendation. Whatever motive it was that induced me to follow this method, I have since considered the symptoms of this disease, and the temperateness of the last year, which succeeded the two hard winters (especially of the winter season, which, in reality, on account of its mildness, scarce deserved the appellation) and it appears manifest to me, that this fever is only a simple inflammation of the blood, and consequently, that the curative indications are to be entirely levelled at removing the inflammation by a suitable method, and medicines.

7. In order to this, I first direct ten ounces of ^{The method} blood to be taken away from the arm, and in ^{particula-} _{rized:} effect, though the blood in this fever generally resembles pleuritic blood, yet it does not well bear repeated bleeding. But if a difficulty of breathing, a violent pain in the head in coughing, and other symptoms of this kind, shew the great tendency of this disease to a bastard peripneumony, bleeding and purging are to be repeated, till the symptoms entirely disappear, as we have intimated above, in treating of the latter distemper: and this I would have carefully noted.

8. In the evening I lay a blister between the shoulders, and next morning exhibit this lenitive potion:

Take

A gentle
purging
draught.

Take of tamarinds, half an ounce; the leaves of senna, two drams; rhubarb, a dram and half; boil them together, in enough spring-water, to three ounces; in the strained liquor dissolve manna and solutive syrup of roses, each an ounce: mix all together for a draught, to be taken early in the morning.

I order this draught to be repeated every other day, till three have been taken; and the following, or a like opiate, to be given at bed-time after the operation.

A composing
draught.

Take of the distilled water of cowslips, two ounces; syrup of white poppies, an ounce; fresh lemon juice, two spoonfuls; mix the whole for a draught.

This I do to prevent a *coma*'s coming on, from the disturbance of the spirits, which purging often occasions, by the tumult it raises in the blood and juices of persons in fevers, which symptom yields to opiates, though they seem to promote it. For this reason, as I durst not venture to give a purge in the *comatous* fever of 1673, I persisted in the use of glysters, well knowing, that purgatives did then immediately cause a *coma*, which might perhaps have been prevented, if I had thought of administering an opiate after the operation of a cathartic.

9. But on the intermediate days of purging an opiate must not be given at bed-time, for fear of stopping, or at least checking the operation of the purgative to be taken the next day, which usually happens, though it be given late. It is a rule with me, in this, or any other epidemic fever, to forbear purging in the beginning or

or state of the disease, unless bleeding* has been previously used; and for want of attending to this rule of practice, or from acting contrary to it, abundance of persons have been destroyed, especially children, as I have elsewhere observed by way of caution.

10. It must, nevertheless, be noted, that though all the above-mentioned evacuations ought in general to be used in the cure of this fever, yet young persons and children often recover soon after being once blooded and purged, and require no more purging, the fever being conquered by the first cathartic; whereas, on the contrary, it is sometimes necessary to purge oftener than we have intimated above; for it happens, though not frequently, that the patient relapses in a few days after recovering by this method, occasioned by a fresh supply of

* *To forbear purging in the beginning or state of the disease, unless bleeding, &c.* This doctrine our author frequently inculcates in other parts of his work; and to this VAN SWIETEN particularly adverts, "For," says he, "it sometimes happens, that certain medicines, v. gr. purgatives and vomits, whilst they operate, excite too great disturbance in the body, and increase the velocity of the circulation, when at the same time the nature of the disease to be cured may require a quiet and regular motion. Hence SYDENHAM justly advises, that if a purge or vomit are to be given, bleeding should precede, that too great agitation of the blood, likely to arise from these applications, may be prevented:" and this particularly he often inculcates in his works, because it was the opinion of most physicians, that blood-letting was hurtful, unless the primæ viæ were first cleared, lest the emptied veins should from thence absorb any noxious humours, as may be seen in the works of Sennertus, Forestus, and others.—*Comment. in Herm. Boerhaavii Aphorismos*, vol. ii. pag. 32.—But this matter has before been treated of, pag. 468. Note *, vol. i. W.

febrile matter, which, however, is soon carried off by repeating the purgative a fourth time: but a return of this fever, when it is treated by this method, seldom happens, unless it be caused by the *aphthæ*, succeeding the former fever, now come to their height; which fever is, in reality, only symptomatic, and often accompanied with a hiccup at intervals, that continues also some days after the fever is gone off, and at length ceases spontaneously, as the patient recovers strength; which is well worth noting, inasmuch as the hiccup happening at the declension of this fever is no way dangerous, unless several medicines be over-officiously and ineffectually administered, in which case it proves fatal: but both the *aphthæ* and hiccup, or either of them, if they do not go off spontaneously, but prove obstinate, readily yield to the bark; an ounce of it being made into an electuary, or pills, with a sufficient quantity of the *syrup of red poppies*, and taken in the manner I formerly directed in my epistle to Dr. Brady, drinking a draught of whey after every dose: I have found this the surest medicine in this case, provided it be not rendered ineffectual by the patient's keeping his bed, which too often happens.

11. On the intermediate days of purging, I sometimes prescribed the following, or the like remedies:

A cooling electuary.

Take of the conserves of wood sorrel and of hips, each an ounce; conserve of barberries, half an ounce; cream of tartar, a dram; syrup of lemons enough to make them into an electuary; of which the quantity of a nutmeg is to be taken thrice a day, with six spoonfuls of the following julap after each dose:

Take

Take of the distilled waters of purflain, lettuce, ^{A cooling} and cowslips, each three ounces; syrup of lemons, an ounce and half; syrup of violets, an ounce: mix the whole together for a julap.

Or,

Take of spring water, a pint; the distilled wa- ^{Another.} ter of roses, lemon juice, and fine sugar, each four ounces: boil them together over a soft fire, till the scum be quite cleared away. Let three ounces of it be taken at pleasure.

I add no spirit of vitriol to any of these medicines, though it is very cooling, by reason of its remarkable stypticity, whence it is improper in all diseases requiring to be cured by purgatives; to say nothing here of the mineral nature of this spirit.

12. It frequently happens, especially in the declension of this fever, that the patient, when treated in this manner, sweats now and then spontaneously in the night, which greatly abates all the symptoms; but notwithstanding, as such sweats are not to be depended on, the above-mentioned method must by no means be discontinued, because, if those sweats should be promoted longer, the fever, which had been in some measure checked by the preceding purgatives, will increase again. For, if the sweat be prolonged beyond that space of time, wherein the febrile matter, prepared by due concoction, is entirely carried off, the following sweats will do nothing but raise a fresh inflammation. Hence, though those sweats which flow spontaneously might perhaps be critical, with respect to the expulsion of the febrile matter fitted to be carried

ried off, yet the subsequent sweats may be only symptomatic, and so do more mischief than good. In short, the gentle warmth of the bed in the night seasonably favours the sweat which flows spontaneously at that time, and for this reason, the patient should have no more, nor thicker cloaths laid on him than he usually had when in health, and no heating medicines should be given to him, only let him lie later than ordinary the next morning, and afterwards pursue the methods of cure above delivered.

The regi-
men.

13. The diet in this case should be water gruel, or barley gruel, and now and then a roasted apple, and after the second purge, weak chicken broth. I order small beer to be drank cold for common drink, and the *white decoction*, made by boiling an ounce of burnt hartshorn in three pints of spring water, afterwards straining off the liquor, and sweetening it with fine sugar.

14. I have elsewhere observed, that when the patient hath been twice purged, there is no necessity to forbid his eating chicken, and the like food of easy digestion; this indulgence being allowable on account of purging, which otherwise could not be granted. Again, after the last purge, provided the fever be somewhat abated, and not yet entirely degenerated into an intermittent fever, three or four spoonfuls of canary may be given every morning, and after dinner, and again in the evening, for some days, which may promote the recovery of the patient's strength, and prevent the fever fits.

Sitting up
a-days, re-
commended.

15. As this kind of fever is more apt to seize the head than any I ever yet saw, and cannot be removed thence without great difficulty and danger, I advise my patients to lie without their cloaths

cloaths only a-nights ; but if they are so much debilitated by the disease that they cannot sit upright, I allow them to lie down upon the bed, or a couch, with their cloaths on, and the head a little high : neither do I suffer a greater fire to be kept in the room, than they were used to whilst in health.

16. This regimen is not only to be strictly followed from the beginning, in all that have this fever, except in women seized with it a few days after delivery, but must be indispensably enjoined, when the patient is attacked with a phrensy, *petechiæ*, purple spots, or any other sign of a violent inflammation, occasioned by an over-heating regimen. For, in this case, neither bleeding, nor covering the patient thinly in bed, nor the use of any kind of cooling liquors, will remove the fever without sitting up in the day time, inasmuch as the *heat of the surrounding air, included in the bed* by the coverings, puts the blood into too violent a motion, and the *supine posture of the body** hurries it violently to the head. But in this fever, when a phrensy comes on from ill management, it cannot be

* *The heat of the surrounding air included in the bed, and the supine posture, &c.* These certainly contribute much to bring on, increase, and continue the phrensy, by the additional stimulus and determining the fluids too freely to the brain, both which are prevented or lessened by keeping from bed, it is always right for the patient to lie with the head elevated as much as possible ; for it is astonishing what powerful effects a recumbent posture has in affections of the head, which depend on too great velocity of the blood : a particular friend of mine, after drinking, will, should he lie down to sleep, and be soon awakened, rise positively inebriated, though before he was scarcely exhilarated with the liquor he had taken ; so much does the posture contribute to intoxication. *W.*

removed immediately, neither is it safe to attempt the cure by repeated bleeding and purging, beyond the limits prescribed, whereas it will at length go off at its own time, and spontaneously by means of the above-mentioned method. Nothing, however, secounds the removal of this symptom more than shaving the head, and therefore I always order it, without applying a plaster, but only a cap thick enough to supply the loss of the hair, or at least to keep the head warm. By this means the brain is greatly cooled and refreshed, so as by degrees to be able to overcome the heat occasioning the phrensy.

And in a
coma.

17. What hath been said of the phrensy is also applicable to the *coma* succeeding this fever, in which the febrile matter, as it happens in that disorder, is translated to the head, whence except the whiteness of the tongue, no signs of a fever appear, so that the patient seems perfectly free therefrom. In this disorder, therefore, as well as in the former, purgatives, sudorifics, blisters, and the like remedies, are not only unsuccessfully used, but do much hurt: for such evacuations oftener kill than cure here. Having, therefore, used the general evacuations of bleeding and purging, the cure of this disorder, though it may terrify the attendants, is to be trusted to nature and time. For though the patient should be afflicted with a *stupor* for some days, he will, nevertheless, at length recover his health, provided he be not constantly kept in bed, but is suffered to rise in the day time, and lie down on the bed, or couch, with his cloaths on. In the mean time, however, it is proper to shave the head, and, towards the decension of the distemper, to give three or four spoonfuls

spoonfuls of canary twice a day: but I have treated of this disorder at large in another place.*

18. The physician must not be discouraged by the fever from making the above specified evacuations, though upon feeling the pulse he should perceive a starting, and a convulsive motion of the body, because both bleeding and repeated purging are absolutely required, and do service in some nervous diseases. To prove this, I shall relate what I have experienced in a certain kind of convulsion, which is usually called *St. Vitus's* dance, of which I have cured five persons by bleeding and purging at due intervals. And since this disorder opportunely falls in my way, and manifestly confirms the truth of what I have asserted, I will say something concerning it.

19. *This disorder is a kind of convulsion,* † which *St. Vitus's* dance described. chiefly attacks children of both sexes, from ten to fourteen years of age. It first shews itself by a certain

* *Of the continued Fever, &c.* pag. 297. vol. i.

† *This disorder is a kind of convulsion, &c.* This disease is called the *CHOREA SANCTI VITI*, *St. Vitus's Dance*; a name still absurdly enough retained, though a remnant only of superstitious folly. Dr. CULLEN arranges it under the class, *NEUROSES*; order, *SPASMI*; under the title, *CHOREA*; which he defines, "Convulsive motions partly voluntary, for the most part of one side, in the motion of the hands and arms, resembling the antic gestures of buffoons, attacking the younger part of each sex, from the age of ten to fourteen most frequently; who also in walking rather drag one foot after them than raise it up." — *Synopsis Nosologiae Methodicæ*, vol. ii.

The Doctor thinks that the will often yields to the convulsive motions, as to a propensity, and thereby are often increased; while the person affected seems pleased with increasing the surprise and amusement which his motion occasions

a certain lameness, or rather unsteadiness of one leg, which the patient draws after him like an ideot, and afterwards affects the hand of the same side, which being brought to the breast, or any other part, cannot be held in the same posture a moment, but it is distorted, or snatched by a kind of convulsion into a different posture and place, notwithstanding all his efforts to the contrary. If a glass of liquor be put into his hand to drink, he uses a thousand odd gestures before he can get it to his mouth; for not being able to carry it in a straight line thereto, because his hand is drawn different ways by the convulsion, as soon as it has happily reached his lips, he throws it suddenly into his mouth, and drinks it very hastily, as if he only meant to divert the spectators. As this disorder appears to me to proceed from some humour thrown upon

Its cause
and cure.

casions in the by-standers: and also that the mind is affected with some degree of fatuity, and often shews the same varied, desultory, and causeless motions which occur in hysteria. Sometimes though these convulsive motions affect the head and trunk of the body, so that various fits of leaping and running come on in the persons affected, there have been instances of this disease consisting of such convulsive motions appearing as an epidemic in a certain corner of the country. In these, persons of different ages are affected; but still they are for the most part the young of both sexes, and of the more manifestly moveable constitutions.—*Practice of Physic*, vol. iv.

It has been described by GALEN, under the name SCÉLOTYRBE. There are different opinions concerning its nature; some say it is *convulsive*, some *paralytic*; and some say it partakes of both. Dr. CULLEN in the first edition of his *Synopsis Nosologiae*, considered the chorea as a species of convulsions; but on the account as well of the age it attacks, as the motions which it exhibits, it will greatly differ from every other species of convulsion, he therefore has now placed it as a different genus. *W.*

the

the nerves, which, by its irritation, occasions such preternatural motions, I conceive that the curative indications are to be directed (1.) to lessen those humours by bleeding and purging, and (2.) to strengthen the nervous system. To answer these ends, *I use the following method* :* First, I order seven ounces of blood to be taken away from the arm, or such a quantity, whether more or less, as best suits the age of the patient; next day I give half, or a little more, of

* *I use the following method, &c.* Our author speaks with some confidence respecting his method; however, more modern writers seem widely to deviate from it, and not without very substantial reasons; SAUVAGES says, that repeated bleedings have been extremely injurious in this disease, at least to children, for amongst them he has observed many, "qui ab his exhausti fuissent." Dr. Cullen says, "In some plethoric habits I have found some bleeding useful; but in many cases I have found repeated evacuations, especially by bleeding, very hurtful. In many cases I have found the diseases, in spite of remedies of all kinds, continue for many months; but I have also found it readily yield to tonic remedies, such as the Peruvian bark and chalybeates." Dr. MEAD never found it difficult to cure by chalybeates, and the cold bath. Dr. BAKER, in the first volume of the Medical Trans. of London, gives two instances of its being cured in a month by the *flores cardamines*, after the patients had taken chalybeates, and the fetid gums in great abundance, and likewise had used the cold bath. The dose of this medicine is from a scruple to half a dram twice a day, or more occasionally. Dr. CHEYNE had recourse to *evacuants, attenuants, and corroborants*. For the first purpose he gave an emetic once a week till it procured some alleviation of the symptoms, afterwards less frequently; on the intermediate days exhibiting a large dose of *antimonium sulphuratum*, with the waters of Bath; with an anticachectic regimen, and completed the cure by nervous corroborants, *bark, orange peel, chalybeates and cold bathing*. Dr. DE HAEN witnessed the salutary effects in many cases of electricity, which of the chorea performed radical cures. *W.*

my

my purging potion, according to his age, or his being easier or harder to be purged, and in the evening the following draught:

A compo-
sing draught.

Take of black-cherry water, an ounce; compound piony water, three drams; Venice treacle, a scruple; liquid laudanum, eight drops: mix them together for a draught.

20. I order the purge to be repeated thrice, with the interposition of a day between each time of taking it, and the opiate to be given always in the evening after the operation. Afterwards I prescribe bleeding and purging, as before. And thus I bleed and purge alternately, till the patient has been blooded three or four times, and purged after every bleeding, as often as the strength will admit: for it is to be carefully observed, that there must be a sufficient space allowed between every evacuation, that the patient may be no ways injured by them. On the intermediate days I prescribe the following remedies:

A stomachic
electuary.

Take of the conserves of Roman wormwood, and orange peel, each an ounce; conserve of rosemary, half an ounce; Venice treacle, and candied nutmeg, each three drams; candied ginger, a dram; syrup of citron juice enough to make them into an electuary; of which the quantity of a nutmeg is to be taken in the morning, and at five in the afternoon, drinking after each dose five spoonfuls of the following infusion.

A cephalic
infusion.

Take of the roots of piony, elecampane, master wort, and angelica, each an ounce; the leaves of rue, sage, betony, germander, white bore bound,

bound, and the tops of the lesser centaury, each an handful; juniper berries, six drams; the peel of two oranges: slice and infuse them without heat in six pints of canary, and strain it off as it is used.

Take rue water, four ounces; compound piony and compound briony water, each an ounce; ^{A cephalic} ^{junlap.} syrup of piony, six drams: mix them for a julap, of which let four spoonfuls be taken every night going to bed, with eight drops of spirit of hartshorn. Apply a plaster of gum caranna, spread on leather, to the soles of the feet.

21. According as the recovery advances, the foot and hand grow more steady, so that the patient can bring the glass in a straiter line to his mouth, which certainly shews how much better he is. But though, to finish the cure, I do not advise bleeding more than three or four times at most, yet purgative and alterative medicines are to be used till the patient is quite well. And, because such as have once had this disease are very subject to a relapse, it is proper to bleed and purge them for some days about the same season the next year, or a little earlier than it first began. And I can hardly help thinking but the epilepsy in grown persons will yield to the same method, provided the remedies prescribed be properly adapted to the age of the several patients; though, having seldom met with this distemper, I have not yet made trial of it--But this by way of digression.

22. It sometimes happens in women subject to hysterick complaints, when the cure hath been attempted by the evacuations above specified, that

that the fever continues even after bleeding and repeated purging. And in this case its continuance is manifestly owing to the commotion of the spirits, occasioned by the evacuations; and, consequently, if there be no signs of a peripneumony or inflammation about the vital parts, the curative inclinations are only to be levelled at quieting the tumultuary motion of the spirits: for which purpose a sufficiently powerful opiate must be given every night, and hysterick medicines taken twice or thrice a day. Of this kind are pills made of *galbanum*, *asa fetida*, *castor*, and similar ingredients, and julaps of the same nature, of which I have set down some forms in my treatise on hysterick diseases. Furthermore, to recruit the strength, and suppress the vapours, it is necessary to allow such food, both of the solid and liquid kind, as is most palatable.

23. We have already observed, that this fever in the preceding, but especially in the current year, increased every day towards night, when a fit came on like that of an intermittent. The physicians, therefore, who had learnt from experience, that all such fevers as did in the least intermit, and those frequently which did not, throughout the course of years, from 1677 to the beginning of the year 1685, certainly yielded to the *Peruvian bark*, treated this fever with the same medicine. But, however rational this procedure was, it nevertheless did not ordinarily succeed so well as in the foregoing years: for having made the strictest inquiry I could into this matter, I found, that though the bark was given in great plenty, yet it so seldom cured the distemper, that I should rather ascribe the patient's recovery to some happy termination of it,

The bark
ineffectual
in this fever.

it, than to the efficacy of the medicine: so entirely it seemed to have lost the effectually curative virtue it was possessed of in the years above specified, at least, in respect of the fever under consideration, which resembles a quotidian; but in a genuine tertian, or an intermittent that comes every other day, the bark does as much good now as it ever did. Hence it clearly follows, that this fever totally differed from the fevers of the preceding constitution, inasmuch as the bark avails not at all now, and that it is likewise increased by wine, cordials, and other heating things; all which agreed well enough with the use of the bark, and the fever itself.

24. It is farther to be noted, that this fever throughout the summer, especially of the present year, wherein it prevailed, did often shew itself, not so much by the distinguishing signs of a fever, as heat and restlessness, but by gripings, sometimes with, and sometimes without a looseness; whilst notwithstanding the fever of this season lurked under this disguise, in which the inflammatory exhalations of the blood were not driven as ordinarily to the habit of the body, but thrown off inwardly by the mesenteric arteries upon the *viscera* of the lower belly, or intestines, and sometimes upon the stomach, by the ramifications of the celiac arteries, which exhalations commonly occasion vomiting, especially soon after drinking, or eating. But though this fever lies concealed under the kind and form of the symptoms above enumerated, it must be treated by the general method we delivered above, in the same manner as if it had appeared in its own shape, and that with respect both to bleeding and repeated purging; only it must be observed,

This fever often shews itself by gripings or vomitings.

observed, that when the fever affects the stomach so much as to prevent its retaining a draught, the greater *pil. cochiae* must be substituted instead of a lenitive potion, two scruples of which always makes its way through the bowels: but the pills must be taken at four in the morning, so that the patient may sleep after them, and at night an opiate exhibited in a large dose, *viz.* a grain and half of solid *London laudanum*, made into two pills, with as much mastich, or eighteen or twenty drops of liquid laudanum, in an ounce of small cinnamon water, or any other generous vehicle. The stomach being by this means strengthened, and not irritated by the smallness of the quantity, will be less apt to throw it up. But if the purging draught and diacodium can be retained in the stomach, they are to be preferred to the above-mentioned pills and the laudanum, because they produce their effect without heating the body so much as the pills.

25. And now having mentioned the gripes, I must admonish my readers of the great danger which I have frequently found attend the prescribing mineral waters in any kind of gripes, looseness, or vomiting, or any other disorder suspected to proceed from a fever. For in a distemper of so subtle and spirituous a nature as a fever is, mineral waters invert the order of nature to that degree in every particular, that instead of the ordinary attendants of a fever, they occasion quite irregular symptoms, and in the mean time contribute not in the least towards the cure of the fever, as I have learnt from a long course of experience.

26. It

26. It must, however, be carefully noted, as Mineral wa-
ters, bad in
the gripes
attended
with a fever.
it may be a means of snatching abundance of persons from imminent death, that, notwithstanding what hath been already delivered, when the gripes degenerate into a confirmed dysentery (which, besides the gripes, is attended with a discharge of a slimy matter streaked with blood downwards) it is apparently very dangerous to treat the disease by that tedious method, which consists (1.) in evacuating the humours, and (2.) in smoothing their acrimony; not to mention the internal use of astringent medicines of various kinds and forms, and the injection of astringent and healing glysters between whiles; having learnt from experience that a dysentery is most expeditiously and certainly cured by checking the flux immediately by *laudanum*: for so violent is this disease, that if the purging be continued when it is confirmed, it is much to be feared it may be increased thereby, and by its wonderful ferment last longer, whatever methods are afterwards used; or, perhaps, prove fatal.

27. For this reason, as soon as I am called to a person in this distemper, I give twenty drops of liquid *laudanum* in *plague water*, *aqua mirabilis*, or the like vehicle, and order the dose to be repeated twice in twenty-four hours; or oftener, if, being given in this quantity and manner, it suffices not to ease the gripes, and check the bloody discharges downwards. But when these grow thicker, which is the first sign of the approaching recovery, and the symptoms are overcome, I reckon it safest for the patient to persist in the use of the above-mentioned medicine morning and night for some days, lessening the number

To be treated with laudanum, if they degenerate into a dysentery.

number of drops every day, till there is no more occasion for them. It must also be carefully observed, that I order the patient to lie longer in bed after taking the opiate, because an erect posture soon disturbs the head, unless sleep be indulged long enough after it.

The regimen in this case. 28. With respect to diet, if the patient hath been used to wine, I allow him canary well diluted with water, in which a crust of bread hath been boiled, which I order to be kept in readiness for that purpose, cold in a proper vessel. The *white decoction* made with burnt hartshorn, boiled in spring water, drank plentifully, is also beneficial in this case. Barley gruel, or chicken broth, a poached egg, or any thing else of easy digestion, may serve for diet in the beginning of the disease. But, afterwards, we may rise by degrees to stronger liquors, and a more copious and solid diet, lest too strict an abstinence should cause a relapse, or some other symptoms, the effects of inanition: It must, however, be noted here, that though *laudanum* alone overcame the dysentery of the present constitution, yet in those years wherein this disease is epidemic, and prevails more than the rest, it should seem proper to use those evacuations, which I have already set down in treating of the dysentery.

An illiac passion from hot medicines in the beginning of a fever.

29. I proceed now to mention another case, where a cure can no more be immediately made by that method which suits the fever whence it proceeds, than in the confirmed dysentery just specified. Thus, for instance, the patient is sometimes seized with a chilness and shivering, and fits of heat and cold succeeding by turns, which

which certainly manifest an approaching fever, violent gripings come on suddenly, occasioned by the speedy translation of the febrile matter to the bowels, and, instead of being blooded and purged, according to our former directions, as he ought to be, he hath recourse to hot medicines, both internals and externals, in order to expel the wind, whence he conjectures the disorder proceeds; till at length the pain increases, and being by its long continuance deeply fixed in the bowels, begins to cause an inversion of their peristaltic motion (whereby, according to the law of nature, every thing should be protruded downwards) and a great inclination to vomiting; the disease now terminating in the iliac passion. In this case, I say, the physician can pursue the method of cure, which the fever, the primary cause of this symptom requires, no farther than to order a single bleeding in the arm; inasmuch as all purgatives, how often soever repeated, soon become emetic, and by this means increase the inverted motion of the bowels; neither the strongest cathartics, nor the least part of them, being able to force their way through the intestines, and procure a stool.

30. Here, therefore, I conceive it most proper to bleed first in the arm, and an hour or two afterwards to throw up a strong purging glyster; and I know of none so strong and effectual as the smoak of tobacco, forced up through a large bladder into the bowels by an inverted pipe, which may be repeated after a short interval, if the former, by giving a stool, does not open a passage downwards. But if the disorder yields not to this remedy, it is ne-

cessary to give a stronger purgative, though the making way by these means be attended with extreme difficulty.

Strong purg-
ing pills Take of the pills of two principal ingredients, thirty-five grains; sweet mercury, a scruple; balsam of Peru, enough to make the whole into four pills; to be taken in a spoonful of syrup of violets, drinking nothing after them, for fear of their coming up.

If these pills be thrown up, give twenty-five drops of liquid laudanum, in half an ounce of strong cinnamon water immediately, and repeat the dose in a few hours; but as soon as the vomiting and pain of the bowels are abated by this remedy, give the above-mentioned purge again, for it will be kept down by the laudanum now, and at length finish its operation. If the vomiting and pain, however, should return as soon as the effect of the opiate is worn off, and the cathartic lodge in the body; then, laying aside all hopes of opening a passage this way, we must return to the use of the opiate before described, and repeat it every fourth or sixth hour, till the bowels be quite free from pain, and their natural motion downwards of course restored, when the cathartic, which had hitherto been stopt in the body by the opposite motion of the intestines, will operate in the usual manner; though the repeated use of opiates should seem to have a contrary effect. An instance of this I met with very lately in a gentleman afflicted with a violent iliac passion, which was afterwards succeeded by *aphthæ*, occasioned by an over-long retention of the morbid humours, and

and rough purgatives in the habit; but they were readily enough cured by the *Peruvian bark*, and the frequent use of the following gargarism:

Take of verjuice, half a pint; syrup of raspberries, an ounce; and make a gargarism.

A cooling gargarism.

31. But when the passages have recovered their ordinary natural openness, purgatives may be omitted for some days, till the disturbance lately raised in the bowels be entirely quieted, which space of time may be advantageously enough allowed for diluting, cooling, and smoothing the sharp humours; which being done, if the least signs of a fever still remain, purgatives must be exhibited every other day, as above directed.—And let this suffice for the cure of this disorder.

32. If a child be seized with this fever, two children, leeches must be applied behind each ear, and a how to be managed in this fever. blister behind the shoulders, and it must be purged with an infusion of rhubarb in beer. And if the fever seems to intermit after purging, give the julap made with the *Peruvian bark*, above set down, page 449, vol. i.

33. It is farther to be noted, that though children are as subject to this kind of fever as grown persons, and consequently ought to be cured by the same method; yet less blood must be taken away, according to their age, to which purging likewise ought to be adapted, and perhaps need not be so often used: the distempers of children and young persons frequently yielding to the first or second purge. Nevertheless, it should be well considered, whether the fever

which is treated in this manner does certainly belong to this constitution, or is of a different kind; which ought likewise to be attended to with the same exactness in all constitutions of years. For it is commonly known that children are often seized with fevers from dentition, which are not easily distinguished from those of another kind.* And, for my own part, I have been

long

A fever
from den-
tition cured
by spirit of
hartshorn.

* *Fevers from dentition, which are not easily distinguished from those of another kind, &c.* There can be little doubt but the symptoms attendant on dentition, particularly that of febrile affection, arise from an increased irritability of the system occasioned by the pain created in cutting the teeth, added to too great a fulness, or corrupt humours put into agitation by this stimulus; and this fever may certainly be discovered if we attend to the characteristic symptoms, and the concise history as delivered by Dr. ARMSTRONG in his account of diseases most incident to children: "During the time of teething," says the Doctor, "or part of it at least, many children are subject to a kind of hectic fever; it begins first generally in the night, and is attended with restlessness, and sometimes with startings, and little catchings in the time of sleep, especially if the child is costive. If there is nothing done to remove it, the fever gradually increases, the heat becomes more sensible, the paroxysms longer, and sometimes the startings more violent and frequent. By degrees if the child is neglected, it becomes a remittent fever, growing worse in the afternoon, and the paroxysm increases as the evening and night approach, and without speedy assistance soon terminates in a continual low fever and death. In this last fever, the pulse is very quick and low, the skin hot and dry, the eyes dull and heavy, with the white of them frequently turned upwards during sleep, the tongue furred, the stools generally of a dark green or blackish colour, of a viscid slimy consistence, and a very offensive smell; the urine crude, of a dusky colour, and sometimes smelling very strong. The child is often teased with a dry, tickling cough; rubs its nose frequently; is restless; or on the contrary, perhaps, comatous, lying with its eyes half open, as if a sleep, but more properly in

long dissatisfied with respect to the cure of these fevers; nor could I be persuaded, till of late years, that any of those who were committed to my care, were recovered so much by art as by accident, till having been often informed of the success of a medicine not very famous, but rather little esteemed for being in common use, I likewise ordered it, and found it succeeded better than any I had ever experienced before. The medicine I speak of is three or four drops of spirit of hartshorn, according to the age of the

“ in inward fits: he has all the symptoms of worms, except
“ voiding them; is seized with frequent startings and catch-
“ ings, which at last end in fatal convulsions.” To which
may be added, in the beginning, the cheeks generally flush; there is a constant flow of saliva from the mouth which is hot and painful as well as the gums, which also appear broad and swelled. And notwithstanding the high encomiums given by our author on the *liquor volatilis cornu cervi*, which may be useful under some circumstances, still other remedies are requisite; in cases of the stomach being loaded with *saburra*, gentle emetics given occasionally are necessary; mild aperients, if costiveness is prevalent: and should a diarrhoea be immoderate, astringents must be had recourse to, otherwise it should be permitted to continue through the whole course of the disease; of the aperients the best is *rhubarb* alone, or joined with *kali vitriolatum*; some prefer a grain or more of *calomel* to be given at bed time, and purged off in the morning with *rhubarb*. Many advise fomentations to the gums when swelled; or rubbing them with *sperma ceti* liniment, oil of sweet almonds, &c. but these are useless; applying sweets to the gums perhaps may be of service, as they occasion the infant to keep its gums together, and expedite the protrusion of the teeth; or cooling the mouth with solution of nitre in barley water; but should the teeth appear lurking under a thin, tough, membrane, that may be divided by the lancet; and where there are strong acidities in the primæ viæ, testaceous powders are beneficial, particularly *magnesia*, both as an absorbent primarily, and secondarily as an aperient, and refrigerant.
W.

child, given in a spoonful or two of *black cherry water*, or any proper julap, every four hours, to a fifth or sixth time.

A hectic
in children,
cured by an
infusion of
rhubarb in
small beer.

34. Children are subject to another very troublesome disorder, which differs much from the fevers of various constitutions of years, and from that last mentioned : *It is a kind of hectic, which holds them a long time,* and they languish with little heat, a loss of appetite, and a wasting of the whole body.* In this case I have recourse to the following plain method : I order two drams of good *rhubarb*, sliced thin, to be infused, in a glass bottle well corked, in a quart of small beer, or any other liquor which the child uses for common drink, to be drank in the same manner both at meals and at other times. And this being finished, I order another quart to be poured on the same rhubarb, and this being also drank, I add a third quart of liquor to it, after which the rhubarb loses its virtue, and the child generally gets well. But

* *This is a kind of hectic which lasts them a long time, &c.* This is the *hecticæ infantilis* of SAUVAGES, which he has copied from our author; and the *lenta febris infantum* of HOFFMAN. It appears to Dr. CULLEN to want character, and to be the fever attendant on rickets, scrophula, or worms. Though rhubarb in this case is an excellent medicine, its curative powers are not a little increased by joining it with the *kali vitriolatum*, and giving it for three or four successive mornings, in such quantities as it may be moderately purgative; some prefer the use of small portions of *calomel* along with rhubarb; and as this febrile affection very often arises from foulness in the primæ viæ, and sometimes from visceral obstructions, saline medicines joined with deobstruents are extremely beneficial; moderate exercise; light easily-digestible diet; and perhaps bleeding may sometimes be proper, if the febrile heat should be strong, and if there should be any appearances of sanguinary plenitude, not otherwise. *W.*

left

lest the first infusion should have too much of the purgative quality of the rhubarb, and operate too strongly, it is better, after having drank half the liquor, immediately to add another pint to the remainder; but no more fresh beer must be afterwards added, till the whole quantity be used.

35. But to return to the fever under consideration, *viz.* that of the present constitution: it must be carefully observed in this kind of fever, in the same manner as in the rheumatism, and several other distempers, only curable by evacuations, that if we obstinately persist in the use of the above-mentioned evacuations, till the symptoms go quite off, the disease will often prove fatal. For it is not uncommon to find some slight symptoms remain awhile, even after the disorder vanishes, which, notwithstanding, do not endanger a relapse, inasmuch as they go off by degrees spontaneously, as the patient recovers. In effect, these symptoms are frequently nothing more than the genuine product of the repeated evacuations, by which the physician endeavoured to cure the disease, and partly proceeding from the emptiness occasioned by the patient's abstaining from his common food and liquors: all which, when they affect such subjects as are much debilitated, and in a manner worn out with distempers, give rise to vapours, as in women, and manifestly from the same cause, namely, the weakness and low state of the animal spirits. For this reason, therefore, after using such evacuations as are sufficient to remove the disease, a judicious physician ought to forbear the unreasonable use thereof, and wait awhile to see what time will contribute to this

Evacuations
not to be
continued
in this fever
till the
symptoms
go quite off.

end, which frequently proves the best and most successful physician in conquering these slight symptoms; and I have, indeed, often known them go off in the declension of such a disease, without any thing more than an opiate, taken two or three nights running.*

The au-
thor's me-
thod either
cures this
fever, or
brings it to
intermit.

36. The method just commended is the best I ever tried in curing this fever; and if it fails of effectually removing it, at least brings it to intermit, and then it always yields to the bark. But as purging, as it is here directed in order to cure this fever, may perhaps seem detrimental to some persons, I assert from experience, that nothing cools so much and so surely, as purging after bleeding, which should be used first in all cases. For though a purge, whilst it operates, may for the present raise a greater commotion in the blood and juices than there was before, and of course increase the fever, yet that mischief will be much overbalanced by the immediately subsequent benefit. For experience shews, that purging after bleeding checks a fever sooner and better than any other remedy whatsoever, inasmuch as it carries off the foul humours whence the fever originally proceeded, which, supposing them not to have been vitiated before, are at length inflamed, concocted, and thickened by the heat of the fever, and so contribute to render it more lasting; and likewise, as it makes way for an opiate, which operates with more speed and safety, than if the morbid humours,

* Dr. Barker highly applauds our author's caution concerning evacuations delivered in this paragraph, and concludes with heartily wishing it were engraved upon every physician's mind.

which

which might otherwise lessen its virtue, had not been expelled by purging.

37. Whereas, on the contrary, the method which consists in carrying off the febrile matter through the pores of the skin, is not only less certain and more tedious, and not void of danger, as prolonging the disease several weeks, and bringing the patient's life into imminent danger; and, supposing he at length happens to escape death, reduces him to the mortification of taking a multitude of medicines, during the long continuance of the fever, to remove those symptoms which proceed from ill management, by attempting to cure it by an extremely hot regimen and heating medicines, which of its own nature requires the coolest of both kinds. And thus, while men of unsound judgement tie themselves up to follow rules of art, as they are falsely termed, despising the contradictory testimony of their senses, and perplexing the cure by their hurry and apprehension, they change a disease, which of itself goes off in a little time, (and easily yields) into a lasting and difficult disorder.

38. For these reasons, therefore, I hope *The method above recommended, best in most fevers.* I may assert, upon good grounds, that *the method of cure above delivered, which consists in bleeding and purging, is the most effectual** one to

* *The method of cure above delivered, which consists in BLEEDING and PURGING, is the most effectual, &c.* Our author takes great pains in this and the foregoing paragraph to fix this doctrine indelibly in the memory; but he can only mean in such fevers, where the habit is plethoric, and the re-action of the system is likely to become too violent; for in nervous fevers, or such attended with weak re-action, or too great torpidity in the nervous system, all debilitating powers

to conquer most kinds of fevers. Sweating is indeed, properly speaking, nature's method of expelling the febrile matter, and best adapted to the end, whenever nature unassisted first digests the morbid matter, and after it is sufficiently concocted, carries it off gently through the pores; which successful manner of curing fevers by nature, having been often observed by practical physicians, the theorist thence took occasion to make this rule, *that all fevers may, and ought to be cured only by sweating.*

Difficulty of curing fevers by sweat. 39. But admitting this conclusion, it is manifest that art, how nearly soever it may seem to imitate nature, cannot always certainly cure fevers by sweat. For (1.) art is unacquainted with the manner of duly preparing the morbific matter for expulsion; and though this were no secret, yet there are no certain signs indicating its due preparation; whence the fittest time of raising a sweat must needs likewise be unknown. And sure none but an obstinate person will deny it to be highly dangerous to excite sweat inconsiderately before the due concoction of the febrile matter, as the translating the unconcocted

powers must do great mischief, as they would increase the immediate and constitutional cause of the disease: besides, though bleeding and purging may be highly proper in many cases, endeavouring to promote in the intervals a gentle diaphoresis cannot be detrimental, as it may be presumed, that the morbid miasmata may pass through the pores of the skin as copiously as by any other of the emunctories; he therefore only should be understood to prefer his mode in preference to forcing out sweat by means of heating stimulants, and here he is certainly right; nevertheless mild diaphoretics may be advantageously thrown in between the times in which purges in these cases are administered. *W.*

matter

matter to the brain must increase the distemper. Besides, as I have elsewhere observed, the judicious aphorism of *Hippocrates*, viz. “*that con-cocted, and not crude matters are to be evacuated,*” seems to relate more to sweating procured by art, than to purging. For a man must be but little conversant in the practice of physic, not to know what numbers of persons are injured every day by old women and unskilful pretenders to medicine by this preposterous use of sudorifics; it being customary with them, when a person complains of chillness, and a pain of the head and bones, which are the general fore-runners of a fever, to put him to bed immediately, and use their utmost endeavours to promote sweat. But this ill-timed attempt is so far from preventing the fever, which might perhaps have gone off spontaneously, or upon taking away a little blood, that, contrariwise, it is much increased thereby, and becomes a lasting and inveterate disease.

40. (2.) It is farther to be observed, that as those sweats which appear spontaneously in the beginning of the fever are entirely symptomatic, and not at all critical, so those, likewise, which are forced out at this time by sudorifics, do generally forward the cure no more than the former, which avail nothing to this purpose. (3.) Again, as the proper time of promoting sweat is not known, so neither can we tell how long we should persist in this way; for if the sweat be continued beyond the due time, that is, longer than is requisite to carry off all the morbid matter, the waste of those fluid particles which should serve to dilute and cool the blood, will be a means of prolonging and increasing the fever.

Hence,

Hence, therefore, the precariousness of this method appears; whereas, on the contrary, the physician hath it in his power to regulate the other method, which, consists in expelling the febrile matter by bleeding and purging, as he shall judge most convenient. (4.) Furthermore, this method deserves the preference for this reason, namely, because it will do no mischief, though it should fail of curing; whereas sudorifics are pernicious, unless they complete the cure: for the warmth of the body, when a person hath been kept in bed some time, contrary to his usual custom, not to mention cordials, which are always administered in this method of cure, disturbs the animal œconomy, and causes convulsive motions of the limbs, and other irregular symptoms, which cannot be described, because they do not come under the history of the disease, as is common in several symptoms in all diseases, but proceed originally from the tumult and disorder super-induced, which frequently oppress nature when the distemper is treated according to this method: all which are ordinarily ascribed to I know not what malignity.

The mis-
taken notion
of maligni-
ty, how fa-
tal to man-
kind.

41. *The invention of the term, or opinion of malignity, has been far more destructive to mankind, than the invention of gunpowder.* For as these fevers*

* *The invention of the term, or opinion of malignity, has been far more destructive to mankind than the invention of gunpowder. From the practice of the time in which SYDENHAM lived, the assertion is very allowable, and fairly proved from his account; but at present, no mischief can arise from such a source. We are convinced that the nature of the morbid matter is of little consequence to the practitioner;*

fevers are principally entitled malignant, which are found most inflammatory, hence physicians have recourse to certain cordials and alexipharmacis,

tioner; for it is not to the different degrees of its violence, that the danger occurring in different persons attacked is owing, but to some variation in the habit affected, as we have before proved in cases of the small pox, in which the very same matter, taken from the same pustule, on the same thread, has produced fevers very different in their natures, and this certainly holds good with epidemics; it is, therefore, to the constitution we are to advert in our cures, and vary our modes according as the nature of the affection requires, not confine themselves to one method in all. For the same morbid matter may produce a simple, continued fever; an inflammatory fever, or a nervous fever, according to the predisposition of that habit into which it is absorbed; which may have also a stronger, or weaker propensity in their fluids to become putrefient. These will require different modes of treatment, with respect to the nature and degrees of evacuation necessary; with respect to the necessity of, or forbearance from them, and with respect to their tendency to, or correcting of putrefactive acrimony: which our author has not particularly specified; but seems, in order to avoid the heating method, which was too universally pursued, to have run into the opposite extreme, and adopted the cooling mode in full as extensive a degree. Though I allow less mischief may probably arise from the latter than the former, yet I cannot agree that such cooling means as are calculated to conquer inflammation in all cases, universally right, for the petechiae, purple spots, &c. which he instances in the small pox, are not always the consequence of high degrees of inflammatory, but rather of putrefient diathesis; in which case bleeding would be madness, for these proceed from a broken texture of the blood, and a debilitated state of the vascular system; and require mineral and vegetable acids, with antiputrefient cordials and tonics. Nor does the case introduced at the latter part of paragraph 42, confirm his doctrine; for it sometimes happens, that in very full habits the brain and nerves may be so compressed that they cannot properly exert their power, and consequently the vascular system will be in a great measure impeded in their action, owing to nervous inaction;

and

mics, in order to expel the imaginary poison by the pores; for so it must be called, unless they had rather trifled about words, than propose in earnest what may be understood; and upon the same foundation they have adapted the warmest regimen and medicines to those diseases which

Proved from reason.

chiefly require the reverse. This in reality appears manifestly enough in the cure of the *small pox*, which is one of the most inflammatory diseases, as well as of other fevers; physicians having, perhaps, been led into this mistake by the *petechiae*, purple spots, and the like symptoms; which in most subjects proceed originally from an inflammation super-induced upon the blood, already over-heated by the fever; because they seldom come out spontaneously, except in the beginning of the *plague*, or that sort of confluent *small pox* attended with the highest inflammation. In this kind, indeed, the purple spots shew themselves in different parts of the body, intermix with the eruptions at their coming out, and are accompanied at the same time with a flux of blood from the lungs or urinary passages, and a cough, if the fever be so high as to put the blood into a very violent motion, and cause it to burst the vessels, and empty itself into the cavities of the body. And though

and as soon as this plenitude is taken off which occasioned the compression, then arises the strong re-action of the system, formerly so much oppressed; but nervous torpidity may be occasioned by other causes, where no such fullness exists, and requires the use of stimulant cordials to promote nervous action: here bleeding and debilitating means would be highly improper. However, it depends upon the sagacity of the physician to make the proper discrimination, in which he may be assisted by several passages in the former part of this work. *W.*

the

the purple spots in this fever proceed not from such a considerable heat of the blood, as that which occasions such bleedings, yet they are produced by the same inflammation, with this difference only, that it is not so violent, and when not accompanied with such a flux of blood (the only symptom in the small pox which hitherto baffles the art of medicine) easily yields to a cooling regimen.

42. But if it be inferred, that there is some malignity in the case, not only from the purple spots, but also from finding the symptoms of the fever milder sometimes than should seem agreeable to its nature, whilst, notwithstanding, the patient is more debilitated than could be expected for the time; I answer, that all the symptoms only proceed from nature's being in a manner oppressed and overcome by the first attack of the disease, so as not to be able to raise regular symptoms, adequate to the violence of the fever; all the appearances being quite irregular. For the animal œconomy being disordered, and in a manner destroyed, the fever is thereby depressed, which in the true natural order generally rises high. I remember to have met with a remarkable instance of this several years ago in a young man I then attended; for though he seemed in a manner expiring, yet the outward parts felt so cool, that I could not persuade the attendants he had a fever, which could not disengage and shew itself clearly, because the vessels were so full as to obstruct the motion of the blood. However, I said, that they would soon find the fever rise high enough upon bleeding him. Accordingly, after taking away a large quantity of blood, as violent a fever

fever appeared as I ever met with, and did not go off till bleeding had been used three or four times. And this may suffice, with respect to these particulars.

And experience.

43. But if the reasons alledged be not sufficient to prove that I am certainly right in what I have asserted, yet, *if experience teaches me that this fever does not readily yield to sweating*,* it is enough for my purpose, since it is not reasoning, but experience, that shews what sorts of fevers will yield to, and ought to be cured by sweat, and what kind by other evacuations. And, indeed, no judicious person, who is sufficiently acquainted with the nature of men and things, would hastily embrace the sentiments of another person, though of the greatest authority in matters of mere speculation, not demonstrable by any certain experiment. Such a one should reflect, that there is so much difference and subtilty in arguments, that though a theory may be proposed by a person which shall appear to be

* *If experience teaches me this fever does not yield to sweating, &c.* Here our author indulges his play of imagination, heaping whimsicality upon whimsicality to prove that experience is superior to hypothesis, of which there cannot be the least doubt; though in the works of any author the fondness for hypothesis is not more truly exemplified than his own; for he is himself often inconsistent, condemning speculation, yet accounting for diseases, symptoms, and causes speculatively, as may be instanced in various parts of his works; however, his descriptions of diseases, and practical observations, render him great even amidst his errors; and have furnished posterity with a fund of medical knowledge to which recourse will ever be had, as time has proved that knowledge built upon a foundation which never can be shaken, however medicine may in future be crowded by whims, the offspring of human ingenuity; for his practical documents most of them live supported only by truth. *W.*

founded upon such solid reasonings as to command the assent of all that are present, yet, soon after, another person of greater abilities, perhaps, coming to consider the hypothesis that seemed so well established, shews its inconsistencies, and clearly proves by more cogent arguments, that it is no more than an imaginary notion, not the least trace of it being discoverable in nature, and substitutes a new and seemingly more probable and artful hypothesis in the room of it; which, notwithstanding, meets the same fate as the former, as soon as some third person, as much superior in parts to the second, as he was to the first, stands up to oppose it. And there will be no end of the dispute, till we come at length to him, who is arrived at the height of human knowledge: but the great difficulty of finding this person, and distinguishing him from the rest of mankind, will soon appear to any one, who is not so extravagantly vain, as to lay claim to the character himself. For, as it is no improbable supposition, that there is an almost infinite number of beings in those vast orbs placed above us in different parts of the firmament, possessed of much more penetration than weak men; so it is not certainly known, whether the brain, which is the repository of thought, may not be so formed by nature, that mankind cannot so clearly discover what is absolutely true, as what is best adapted to their nature. But we shall say no more to those physicians, who regulate their practice more by idle speculations, than experience founded on the solid testimony of the senses.

The difference stated between the author's and the opposite method, shewing which is the best.

44. But if it be objected here, that this fever frequently yields to a quite contrary method to that I have laid down; I answer, that the cure of a disease by a method which is attended with success only now and then in a few instances, differs extremely from that practical method, the efficacy whereof appears both from its recovering greater numbers, and all the practical phenomena happening in the cure. Thus, for instance, abundance of persons have recovered of the small pox, notwithstanding their having been treated by a hot regimen and heating medicines; and, on the contrary, several have recovered by the opposite method. Now, by what means is this dispute to be decided; and which of the two methods is to be preferred? The surest way of judging in this case, I take to be this: if in pursuing the former method, I find, that the more I heat the patient, the more I increase the fever, restlessness, delirium, and other symptoms; and, on the contrary, if it should appear, upon being moderately cooled, that he is so much the calmer and freer from the fever, and other symptoms; and farther, that by keeping the fleshy parts in such a degree of warmth as best suits with the rising and suppuration of the pustules, they grow larger and fuller than by keeping him overhot: having, I say, thus stated both cases, I conceive it cannot be doubted which method merits the preference.

45. So likewise, if I find, in the fever under consideration, that the more the patient is heated, the more he is disposed not only to a phrensy, purple spots, *petechiæ*, and the like symptoms;

symptoms; but farther, that the fever by this procedure is attended with all sorts of irregular and violent symptoms: and, on the other hand, if it appears that another patient, by treating him according to the method here proposed, is quite free from these symptoms, reason shews that the latter method of practice is much the best; though both the subjects recover by such different treatment. But if more recover by this method than the other, the dispute is so much the more easily determined; which, however, I will not go about to decide, for fear of seeming too partial to my own opinions.

46. And these particulars shall suffice concerning this kind of fever; how long it will last I know not, and cannot tell but it may be some subtile and spirituous beginning of that depuratory fever, now abolished, which the dreadful plague succeeded. In reality, there are some phenomena which rather incline me to embrace this opinion, insomuch as not only intermittent fevers, especially quartans, still continue in a few places, but likewise some of those continued fevers do sometimes turn to intermittents, especially during this autumn; not to mention now the increase of this fever towards night, which a little resembles the fits of intermittents: and what farther confirms me in this sentiment is, that persons in this disorder are much subject to vomiting. I do not, however, pretend to absolute certainty in this point, for want of knowing how the depuratory fevers began, as I intimated before in the following terms: " How long this continued fever had prevailed; I cannot say,

Z 2 " my

“ my time having been hitherto sufficiently
“ taken up in observing the general synip-
“ toms of fevers, and not having yet found
“ that fevers might be distinguished with re-
“ gard to the various constitutions of diffe-
“ rent years, or the different seasons of the
“ same year.”

A

DISSERTATION

*Concerning the putrid, or second Fever, happening
in the Small Pox.*

1. AS my declining age, and the ill state of health I have long laboured under, may possibly deprive me of the opportunity of publishing some recent observations I have made. (though too late in my life) concerning the *second* fever happening in the *small pox*, I trust the reader will not be displeased to find them added here, though they have not the least relation to the distemper we have just been treating of.

2. I have long since shewn, in another place, Wherein the
distinct and
confluent
small pox
differ. wherein the great difference consists between the *distinct* and *confluent* *small pox*; namely, that the former is so void of danger, as to stand in need of very little assistance from medicine, the patient recovering spontaneously by the help of nature, unless he happens to promote sweat in the beginning by lying always in bed. For, as I formerly observed, when a person sweats freely in the *distinct* *small pox*, he thinks himself in a very promising way, as hoping the malignity of the disease will be expelled by this means through the pores of the skin; and, therefore, diligently promotes the sweat by cordials and a hot regimen, as should seem proper; and he pursues this method the more willingly, because it appeared to relieve him in the beginning, and agrees better likewise with the ill-grounded opinion

nion of the attendants. But those particles being at length carried off by sweats, which should have contributed to raise the pustules, and swell the face, the consequence is, that the face, which on the eighth day ought to swell, and be inflamed in the intermediate spaces, on the contrary appears sunk, and those spaces white, whilst the pustules yet look red, and continue elevated even after the death of the patient. The sweat, which flowed freely to this day, ceases spontaneously of a sudden, and cannot be raised again by the warmest cordials; and in the mean time the patient is seized with a delirium, great restlessness, sickness, and a frequency of making urine in small quantities, and dies in a few hours unexpectedly; whereas he might have recovered, and not been at all endangered, if he had trusted the cure to nature, without confining himself strictly to any regimen.

3. But in the confluent small pox the case is very different: for though this kind does not terrify the attendants so much, and does not in the least endanger life, in the first days of the illness, unless there happens a flux of blood from the lungs, or urinary passages, at this juncture, yet afterwards, in the declension of the disease, on those days which I formerly observed were most dangerous, the patient is brought to such an extremity on a sudden, that whether he will live or die appears equally uncertain and precarious.

The most dangerous days.

4. In the number of those days, I reckon the *eleventh* day inclusive from the beginning of the illness, that is, in the mildest, but most common sort of the confluent small pox; the *fourteenth* in the middle kind, and the *seventeenth* in the worst species, which we frequently meet with; though

though it sometimes, but seldom happens, that the patient survives to the *twenty-first* day ; the eruptions continuing so dry and hard to this time, and so deeply fixed in the flesh, especially in the face, as by no art to be brought to fall off. But the patient seems generally to be first endangered on the *eleventh* day, a high fever, attended with restlessness, and other symptoms, coming on then together, which foreshew immediate death, and ordinarily prove destructive, unless medicine interposes to prevent it. But if the patient out-lives this day, the *fourteenth* and *seventeenth* are still to be apprehended ; for a very vehement fit of restlessness comes on every day towards evening, between the *eleventh* and *seventeenth*, and there is great difficulty in saving the patient.

5. I have likewise shewn, that the greater or less impending danger, in this sort of small pox, proceeds from hence ; namely, that the distinct small pox is accompanied with fewer *phlegmons*, or tumours with inflammation, of which kind all pustules are when they first appear, whence of course only a small quantity of *pus* is to be taken back into the blood by the circulation, when they begin to suppurate ; so that we need not fear the fever's rising too high from this quarter, nature being able to preserve the blood from the taint communicated thereto by so small a quantity of matter. Whereas, in the confluent kind, the greatest part of the body being covered with these *phlegmons*, which afterwards degenerate into *abscesses*, so much *pus* is transmitted from the veins into the blood on the above-mentioned days, in which nature generally brings them to their height, or fit ripeness, and such a plenty of

putrid *effluvia* insinuate themselves into the mafs from the surface of the whole body, now in a manner universally supplicated, that the fever hereby occasioned oppresses nature entirely, and thus the patient diſes at length, partly from the fever, and partly from the infection which hath tainted the blood.

Why a hot regimen and cordials are bad.

6. Since then the safety of the patient depends so much on the paucity of the eruptions, and the danger, on the contrary, on the abundance of them, both reason and common ſenſe intimate that a ſkilful physician ought not to force out the variolous matter in a violent manner, at the beginning of the disease, by a hot regimen and cordials, whence too great an assimilation of the morbid matter lodged in the blood is occaſioned, and the whole ſubſtance of the body in a manner changed into ſupplies for the disease; but ſhould rather uſe all his endeavours to check ſo excessive and ſubtile an inflammation. To

The method of cure. answer this purpose, bleeding in the arm is to be first performed, if there be the leaſt ſuſpicion that the ſmall pox, on the point of coming out, will prove of the confluent kind, (1.) either from the patient's being in the prime of life, or (2.) the blood having been inflamed by ſtrong liquors, or (3.) violent pain attacking ſome part of the body, or (4.) laſtly, if the diſtemper be joined with vehement vomiting; and after bleeding a vomit will conduce to the ſame end. But as nothing heats the patient ſo much, and conſequently promotes the too copious assimilation of the variolous matter to that degree, as lying conſtantly in bed, I always enjoin him to ſit up a-days till the *sixth* day from the beginning of the disease, and the *fourth* from the eruption, when

Lying al-ways in bed very preju-dicial.

when all the pustules appear. After this time I keep him in bed till the disease goes off, but neither allow him more, or warmer cloaths, or suffer him to keep a larger fire in his room than he was accustomed to, whilst in health. In the mean time I permit him to drink freely of small beer, and such other cooling liquors as he likes best.

7. But notwithstanding the most cooling regi- Why an opiate is to be men be used, the patient will often be seized with heats, a delirium and restlessness, for which given every night. reason I order an opiate to be taken every night earlier than ordinary, this distemper being generally attended with a kind of access, or increase of heat and restlessness towards evening. This is the best method of preventing the appearance of too many pustules (whence the most danger ensues, as I have shewn above) and likewise of promoting their filling after the eruption, as well as their due suppuration afterwards.

8. It is nevertheless to be regretted, inasmuch as the youthful part of mankind chiefly perish by this disease, that the patient, who before was in no great danger, is often seized on the eleventh day, or some one of those days which I have reckoned the most dangerous in the different sorts of the confluent small pox, with a high fever, very difficult respiration, and great restlessness, which, these and all other helps hitherto discovered by medicine not availing, suddenly put an end to his life, to the astonishment of his friends, who, till this fatal period, had hopes of his recovery. In this case the physician, having done all he could to prevent it, will do his best to conquer this sudden violent turn of the disease; in order to which let it be well considered, that

What is to be done when the fever comes on, on the eleventh day.

It is a putrid fever.

Copious bleeding excellent here.

that this adventitious fever which happens on the eleventh day in the confluent small pox, is a quite different distemper from the small pox and that fever which either precedes the eruption, or arises sometimes from the inflammation of the pustules, or *phlegmons* at the beginning. *For, properly speaking, it is only a putrid fever proceeding* * *from the transmission of putrid particles of the pustules, now in a state of suppuration, into the blood, which, being prejudicial to nature, at the same time infect the patient, and occasion a very bad fever.*

9. In this case, therefore, any prudent person will esteem those the only proper remedies, which will most effectually check this second fever, which I call putrid: and nothing does this better than plentifully bleeding, which clears the blood of the morbid particles that nourish the disease. Nor is this practice, in my opinion, in the least contra-indicated by the distemper in the present state of the eruptions, since, if the patient should die at this period, and be interred,

* *For properly speaking it is only a putrid fever proceeding from the transmission, &c.* In a former part of this work this fever has been considered of different natures, according as it succeeds the distinct or confluent small pox, and the mode of cure to be pursued in each specified, page 170, note. But though the secondary fever is usually attributed to the resorption of pus, or putrid particles, by our author, and several others, or to offensive matters accumulated in the *prima viae*; perhaps to an incomplete separation, and expulsion of the variolous matter, it ought rather to be ascribed, according to the opinion of MACBRIDE, who says, From an imperfect separation also proceed *nansea*, a want of appetite, hectic heats, inflammation of the eyes, œdematos swellings of the hands and feet, abscesses and untoward ulcers, especially in scrophulous habits; a foolishness, or degree of delirium without fever, cough, and other phthysical symptoms. W.

yet

yet the eruptions being hard and dry, could not strike in, nor grow at all less. And, in effect, we have nothing to do now with the small pox, but with the putrid fever, which is a very different disease.

10. *For these reasons I have recourse to the following method with success,* which I discovered* The success-
fulness of
this prac-
tice.

** For these reasons I have recourse to the following method with success, &c. I cannot think the reasons assigned in the preceding paragraph can authorise the free use of the lancet, as, should the fever be truly of the putrescent kind, it would certainly be mischievous; it can only be warranted where the fever is clearly of the inflammatory type. Dr. HUXHAM assures us, that nothing hath succeeded better with him for removing this fever, than repeated purgatives, with the addition of calomel occasionally, and interposing opiates between whiles. I have not only experienced this method, says he, in my own children, but in several other patients, with constant success, and in reality scarce any other remedy avails.*

The intentions of cure, according to Dr. HILLARY, are, (1.) to prevent the production and increase of these acrid cacochemical humours, as much as possible. (2.) To hinder the return of the purulent variolous matter from the pustules into the blood. (3.) To correct and change the morbid condition of the fluids, and reduce them as near to their natural state as we can. (4.) To evacuate the redundant quantity of these morbid humours; and (5.) to remove the inflammation, whether general or topical; and to stop the great tendency of the animal juices to putrefaction. To answer these ends, he gives smooth, blunting, cooling liquids plentifully, recommends opening the pustules, uses a cooling glyster, in the first place, and then exhibits a cooling purge, and observes, that a few spoonfuls of a grateful cordial may be given during the operation to a very good purpose, with soft cooling aperients: he likewise has recourse to bleeding, when necessary, and accurately determines the cases wherein it is to be used. And if the fever remits or intermits, instead of the bark, which he disapproves, thinks that a suitable purge or two, and a liberal use of *Elixir vitrioli Mysichtis*, with gentle cardiac bitters, may answer the end much better, with a good nutritious diet,

Dr,

since I published my last observations on the small pox ; neither do I know, or can think of any other that will so certainly relieve. When, therefore, the patient is threatened with immediate death from the uncommon violence of the symptoms without speedy help, whether it be on the *eleventh* day, or afterwards, I order ten or twelve ounces of blood to be immediately taken away from that arm which hath the fewest eruptions, and in which, therefore, the vein may be the most commodiously opened ; for though opiates, and sitting up a-days, may be sufficient in the beginning of the disease, without bleeding, to conquer the fit which comes mostly towards evening, yet on these days of the secondary fever plentiful bleeding alone can be safely depended on, this being the sole means of quieting the present tumult. An opiate is, therefore, to be given in a large dose, in the evening, as before, to which we have recourse now, as to an effectual refuge, and it is to be repeated, from this time, morning and night, and sometimes oftener, as there is occasion. For it must be carefully noted, that the symptoms in some persons are so very violent, that an opiate given even in a very large quantity cannot overcome, nor even check them in less than twelve hours ; in which case it is indif-

An opiate
to be given
in a large
dose.

Dr. MACBRIDE says, the surest remedy for every one of the complaints, (*specified in the note, p. 362*) is the **CORTEX**, which by its power, not only as a strengthener of the solids, but as an antiseptic and corrector of acrimony, is found to be the grand restorative, joined to a proper course of diet, change of air, and the prudent interposition of cathartics. As for my own part, I think the addition of *mercury* a very valuable remedy in these cases, as I have repeatedly seen its good effects both in the confluent small pox and secondary fever, acting apparently as a stimulating antiputrefescent. *W.*

penfably

pensably necessary to repeat the opiate in the same dose every six or eight hours.

11. But as it frequently happens in the declension of the distemper, partly from the nature thereof, and partly from the great virtue of the opiate, which the circumstances manifestly required, that the patient becomes so very costive, Costiveness at this time to be remedied by a gentle purge. as to be in danger of suffocation, and that the fever likewise rises so high as to leave little hopes of recovery, we must suit the remedy to the present exigency. Accordingly, in this case, less danger will ensue from taking a gentle purge, than from the fever, much increased by the retention of the *faeces*. I have successfully ordered here an ounce and half of *lenitive electuary* to be dissolved in four ounces of some small distilled water, for instance, *the distilled water of succory*, or *milk water*, and taken immediately; and though this draught may not operate speedily, on account of the usual costiveness in this disease, and also of the long continued use of opiates, yet being administered in the morning, it ordinarily gives a few motions before night; but if it should not, the opiate must be exhibited in the evening, and indeed earlier, notwithstanding the purge, if great restlessness, or sickness threatens danger, lest the patient for want of this assistance should perish, whilst we are waiting for the operation of the medicine. Nor will so mild a purge do the May be given with the utmost safety. least mischief, though it should not work at all: so that if it does not answer the expected end the first day, repeat it the next, and the latter dose seconding the former, it will seldom fail the physician. But if it should seem to have procured a sufficient discharge for the present, and the patient

tient grow better thereupon, the second draught may be deferred to another time.

Bleeding and purging may be repeated alternately as there is occasion.

12. In this manner bleeding and purging may be repeated by intervals, as the fever and restlessness seem to require, till the patient is out of danger. *But with respect to purging,** that the mentioning it may not prove much more detrimental than beneficial, let it be carefully remembered, that a purge is not to be exhibited till the declension of the disease, namely, on the thirteenth, or some subsequent day, and not then, unless some blood hath been taken away upon the first appearance of the second fever.

Spitting of blood, and bloody urine, how to be stopped.

13. But in order to complete the method of practice in this disease as far as I am able, I will willingly be at the trouble of communicating a few particulars concerning *spitting of blood*, and *bloody urine*, which happen in the small pox. Both these haemorrhages, as I observed before, come on in the beginning of the disease, either before the pustules appear, or whilst they only shew themselves in some places, and in the rest lie thick under the skin, and are of that sort, which

* *But with regard to purging, &c.* Experience shews, that purging may be safely and advantageously used on the ninth or eleventh day, if the eruptions be then upon the turn, as it is vulgarly termed, and evacuations be indicated; and bleeding need not be used first, unless some particular symptom requires it.

In every sort of this disease, says Dr. MEAD, it is proper to open the body on the decline, that is, on the ninth or tenth day from the eruption; because a putrid fever generally comes on about this time, while the pustules are drying; or upon the subsidence of the swelling of the inflamed skin, where there is no suppuration: which fever cannot be taken off with equal safety by any other means. But gentle cathartics alone are to be employed in this case.

would

would prove most confluent, if one of those symptoms did not cause the distemper to terminate fatally; whilst *purple spots* appear in the mean time in some parts of the body, and threaten death. But though the purple spots may be removed by duly cooling the blood, yet both *bloody urine*, and a violent *flux of blood from the lungs*, ordinarily foreshew certain death: nevertheless, this dreadful difficulty may likewise be overcome, and life preserved. For as both these symptoms proceed from the vehement inflammation, and of course the exceeding thinness, or dissolved state of the blood, such medicines as cool and likewise thicken the blood, by their binding and incrassating quality, admirably check these bleedings. For this reason, after bleeding once plentifully, give an opiate.

Take of the distilled water of red poppies, two ounces; liquid laudanum, fourteen drops; distilled vinegar, three drams; diacodium, half an ounce; mix them together for a draught; then let the following, or the like remedies, be used till the bleeding stops:

Take of the troches of Lemnian and Armenian bole, each a dram; sealed earth, blood stone, dragon's*

A compo-

ing draught.

An astrin-

gent pow-

der.

dragons

* *Take of the troches of Lemnian and Armenian bole, &c.* The powder prescribed here by SYDENHAM is not likely to produce the effect proposed: for these hæmorrhages being commonly owing to the crais of the blood being destroyed by a putrefactive acrimony, and the dissolved cruor running off in the urine, or from the lungs or fauces, little good can be expected but from the use of the bark, and other powerful antiseptics, given liberally. If they should ever happen accidentally in plethoric constitutions from the rupture of some vessels, bleeding and the antiphlogistic regimen may be necessary,

dragon's blood, and prepared red coral, each half a dram; mastich, gum arabic, each a scruple; make them into a fine powder, of which let half a dram be taken every three hours, in a spoonful of syrup of comfrey, drinking after it four or five spoonfuls of the following julap:

A styptic
julap.

Take of the distilled waters of plantain, and oak buds, each three ounces; cinnamon water without spirit, two ounces; syrup of dried roses, an ounce; enough to give it a moderate tartness; mix the whole for a julap.

In the mean time the opiate above prescribed must be given every evening: emulsions also made of the four greater cold seeds, and white poppy seeds, are very beneficial. But after the bleeding is stopped, the distemper is to be treated in all other respects, throughout the course of the cure, according to the method above delivered in our discourse on the small pox.

14. Before I conclude, let me add, that when I order liquid laudanum, I mean my own laudanum, the preparation of which I have already communicated. And the syrup of poppies, or diacodium, I would have made in the following manner:

Syrup of
poppies.

Take of the heads of the white poppy well dried, fourteen ounces; let them infuse for twenty-four hours in a gallon of spring water; then boil them well, and press out the remainder strongly; to which add twenty-four ounces of sugar, and boil them together into a syrup.

cessary, with the use of acids, neutral salts, and incrassating medicines, and soliciting the flow of blood from the ruptured parts to the extremities; the different causes however may be discovered from the concomitant symptoms, which must be left to the sagacity of the physician. *W.*

I esteem

I esteem these two preparations the best of their kind; especially the *diacodium*, an ounce of which will do more service than two of that which is made with green poppy heads (without pressing the liquor out so strongly) and a large quantity sometimes of the black heads of the wild poppy, which have little virtue. Accordingly, whenever I am not satisfied about the strength of any of these opiates, I usually order a grain and a half, or two grains of *solid London laudanum*, dissolved in some proper distilled water, in the room of them, by which means I avoid making any mistake, and hurting my patient.

On INOCULATION.*

* *On INOCULATION.*—As we have gone through all that Sydenham has delivered on the small pox, it may not be improper here to say something on the means made use of to render the disease of a milder nature, and prevent those dangerous consequences which are apt to accrue, when it is caught in the natural way by infection. And that these advantages arise from inoculation, is a truth so universally established at this day, that it is unnecessary to take notice of the many arguments that have been formerly made use of against this practice; nor need any account be given of the mode by which the variolous matter is thrown into the habit, that being so simple, and so well known to every smatterer in the medic art. But there are particular circumstances worthy to be attended to, as they point out the best and most secure method of conducting patients through this complaint, with ease and security: and these will be confined to the following heads :

The choice of a subject of a good constitution, healthful, and free from disease; the particular time of life, and most proper season of the year; the mode of preparation; the state in which patients ought to be kept during inoculation; the choosing of fit matter;

matter; introducing it in a small quantity; after inoculation the diet, and proper medicaments under particular situations; and the state of air previous to, and after inoculation.

And first, With respect to the CHOICE OF OUR SUBJECT— The most eligible are such as are free from any disease, and are not liable to fall into any incidental complaint, from age or other circumstances. The BARON DIMSDALE says, “ With respect to this point, greater liberties may be taken than have heretofore been admissible; persons afflicted with various chronic complaints, of scrophulous, scorbutic, and arthritic habits; persons of unwieldy corpulency, and of intemperate and irregular lives, have passed through this disease with as much safety as the most temperate, healthy, and regular.” To which may be added, that those who have laboured under several diseases of the skin, have been equally fortunate. But where they are afflicted with those of the febrile kind, or such as are ready to bring on, or aggravate a febrile state, or who have actually any acute or critical complaint, or are oppressed with their effects, are improper subjects; notwithstanding which, it is Dr. CULLEN’s opinion, “ That though a person be in a diseased state, if that is of an uncertain nature and effect, and at the same time the small pox be exceedingly rife, so as to render it extremely difficult to guard against the common infection, it will always be safer to give the small pox by inoculation, than to leave the person to take them by common infection.” And the reason here is obvious, because the patient will be put into the best mode of getting through the disease, inasmuch as there is a greater probability of the complaint being gentle in its effects; for it is observed, that from inoculation ninety-nine out of an hundred have the distinct small pox, and those of the mildest sort.

Second.—THE PARTICULAR TIME OF LIFE.—Though persons of all ages have been inoculated with success, still after dentition, and before puberty, appears to be the safest period. For children before they have got their teeth are subject to fevers, diarrhoeas, convulsions, and other accidents, which are of themselves sufficiently difficult to manage; besides, on receiving the contagion, are often seized with epileptic fits, which frequently prove fatal: and during dentition, from the irritation arising from this cause, are liable to have the small pox rendered more violent: add to these, that in cases of any accident in the progress of the disease, the extreme difficulty in getting children so young by any means to do what may be proper for their relief. On all

all which accounts it seems most adviseable to wait till that period is over. With regard to adults, though some are of opinion that those who are healthy of any age need not be excluded, for persons, according to BARON DIMSDALE's account, of seventy have passed through this process with the utmost ease, and without occasioning the least painful apprehension for the event : " Yet, from what has occurred in cases of common infection," says Dr. CULLEN, " and from several other considerations, there are reasons to conclude that adults are more liable to a violent disease than persons of younger years."

Third.—THE MOST PROPER SEASON OF THE YEAR.— Several who have been conversant in the practice of inoculation, pay no regard to the season of the year ; they advise inoculation in all seasons, and admit that it may be performed with equal safety ; whilst others think spring and autumn the most eligible, as the most temperate : but BARON DIMSDALE objects to this opinion, because, according to his observation, he has perceived inoculated persons have more pustules in spring than any other time of the year ; and epidemic diseases being commonly most frequent in autumn, especially fluxes, intermittents, and ulcerated sore throats, all which are liable to mix more or less with the small pox, render this season not the most favourable.— Dr. CULLEN thinks, that as the cold in winter may increase the inflammatory, and the heats of summer the putrescent state of the small pox, it is highly probable, that inoculation may have some advantage, from avoiding the extremes of either heat or cold. Autumn seems to be the most objectionable season, on account of the epidemic complaints so common at that time ; in the winter and summer the cold and heat are seldom so excessive, at least, in this country ; that the inconvenience arising from them cannot be easily guarded against.

Fourth.—THE MODES OF PREPARATION.— Those constitutions which are in an healthful state require no other preparation than abstinence from animal food for some time before they are inoculated, for it has been proved by experience, that those who are only thus prepared, do equally well with those who have taken mercurials and antimonials ; the chief intention of preparation being to put the constitution into such a state, that it shall supply as small a proportion of fomes for the succeeding fever as possible ; therefore vegetable diet is enjoined for a space of time preceding the operation, which may be longer or shorter according to the habit, for this will prevent any high effects of inflammation

or putrefaction from taking place ; and it may be necessary to clear the primæ viæ, by giving mercurials mixed with antimonials at night, and purging them off the next morning with vitriolated natron, rhubarb, and kali vitriolatum, &c. and this may be done two or three times during the preparatory course : the obvious advantages arising from hence need not be pointed out. BARON DIMSDALE uses the following proportion of calomel, and antimonium tartarifatum or sulphur antimonii præcipitatum :

R Calomelanos, grana sexaginta quatuor,
Antimonii tartarifati, granum unum,

vel,

Sulphuris antimonii præcipitati, grana duo. M.

Eight grains of which, or thereabouts, he gives to a healthy strong man for a dose, which must be reduced for women or children, according to their age and strength, as well as for persons advanced in years.

The course above specified is only proper for the healthful and strong ; for those of weak, delicate, relaxed, constitutions, a different mode is requisite, especially for valetudinarians, they ought to be indulged in some light animal food, with a glass or two of wine every day, have alteratives exhibited rather than purgatives, and gentle tonics. Indeed the peculiarity of constitutions ought to be attended to, and such a course substituted, as may contribute to give them a proper degree of strength. Though mercurials have been considered as specific by some eminent writers in this case, Dr. CULLEN doubts whether inoculation upon the whole derives any advantage from them, or from this junction with antimonials.

Fifth.—THE STATE IN WHICH PATIENTS OUGHT TO BE KEPT DURING INOCULATION.—As it has been observed that *cold, intemperance, fear*, and some other circumstances, are apt to aggravate diseases which arise from contagion, when they concur with the reception of the morbid matter, be it of what nature it may, into the habit, it has been thought, that keeping the patient free from these in the inoculated small pox, may be highly advantageous, and therefore deserves attention.

Sixth.—CHOOSING FIT MATTER, AND INTRODUCING IT IN A SMALL QUANTITY.—A nicety in these points is, perhaps, not attended with any real advantage, except satisfaction to the minds of the friends, or those who are going to receive the disease ; for it has before been proved, that mildness, or violence of the small pox, depends not upon

upon the nature of the matter; and with respect to quantity, it has not yet been in the least ascertained whether the ferment raised by a small or large quantity produces the slightest effects. However, for the reasons above specified, it would be adviseable to chuse matter from the best subjects, and from the mildest sort, and also to throw it into the habit in the smallest proportion; for men, unversed in medical practice, can never be led to believe, even from the mouth of an **HIPPONCRATES**, that matter from a bad kind of small pox can produce that which is good; nor that a large quantity can occasion a disease equally mild with that of a smaller.

Seventh.—**AFTER INOCULATION, THE DIET, AND PROPER MEDICAMENTS UNDER PARTICULAR SITUATIONS.**—The diet should chiefly be determined by the nature of the fever, and the effects produced upon the constitution, as should also the medicines proper to be applied. In common, where the fever is of the truly inflammatory kind, the vegetable diet should be persisted in, with the use of mercurials and antimonials, and purges frequently exhibited, as these tend to weaken the too powerful re-action of the system, and render the disease less violent; and perhaps purges are particularly useful in preventing a determination to the skin. Acids also are extremely beneficial; cold air, and the use of cold drink; as these lessen the violence of the disease by allaying the force of febrile heat.

BARON DIMSDALE says, when speaking of the eruptive fever, “Instead of confining the patient to his bed or his room, when the symptoms of the eruptive fever come on, he is directed, as soon as the purging medicine has operated, to keep abroad in the open air, *be it ever so cold*, as much as he can bear, and to drink cold water, if thirsty, always taking care not to stand still, but walk about moderately while abroad.” However hard and desperate this treatment may appear, still, continues the BARON, “the effects are so salutary, and so constantly confirmed by experience, and an easy progress through every stage of the disease depends so much upon it, that I admit of no exception, unless the *weather be extremely severe*, and the constitution very delicate.” Here seems to be an inaccuracy, the BARON tells us, he would have his patient keep abroad in the *weather ever so cold*; and just after, I admit of no exception, unless the *weather be extremely severe*. It therefore may be presumed he means in weather moderately cold, which seems most rational. But should the fever be of the low nervous kind, as sometimes, though perhaps

rarely happens, we must have recourse to such remedies as are requisite for fevers of this class; such as will invigorate the system sufficiently, and assist it in throwing out the variolous matter: hence a judicious use of *cordial stimulants, blisters, diaphoretics, warm antispasmodics, volatiles, &c.* will be proper; and, in fine, after the variolous miasmata have taken place in the constitution, we are, in cases of any accidental circumstances occurring, which may deviate from what commonly happens, to proceed in the same manner as has been laid down in the different parts of this work, in the small pox arising from infection, not artificially communicated.

Eighth.—THE STATE OF THE AIR PREVIOUS TO AND AFTER INOCULATION.—As heat is apt to relax the solids, render the system too irritable, and dispose the humours to a putrescent aëromony, any great degrees of it are highly improper, both before and after inoculation: it is for these reasons that it is recommended to such patients to avoid all external heat, whether of the sun, of large fires, from a great quantity of cloathing, or lying too long in bed, for all these certainly assist in debilitating the constitution, and producing many injurious effects from that source. Gentle exercise is therefore adviseable in a free and cool air.

Besides what has above been advanced respecting the best method of conducting inoculation, it may not be improper to observe, that in *strong, robust, plethoric constitutions*, bleeding may be used with advantage: *in gross phlegmatic habits, vomits will be beneficial: in those which are dry and rigid, warm bathing will be serviceable: and in women, the best time for performing the operation is immediately after the periodic evacuation of the catamenia.* And, in fine, all our efforts tend to this point, to put the constitution into such a state, and so to regulate its powers, that the re-action of the system shall be enabled so properly to exert itself, that the machine shall not be too much injured by its violence, nor too much oppressed by its want of force sufficient to evacuate the variolous matter, and subdue the disease. *W.*

A

DISSERTATION

*Concerning Bloody Urine * from a STONE in the Kidneys.*

1. **T**HOUGH some may think me a little indiscreet in publishing an observation which I have experienced in myself alone, yet it is hoped no equitable person will be displeased with me, who have suffered so long and so much from *bloody urine*, from a stone in the kidneys, for being moved to compassionate those who labour under the same disease, and to communicate those remedies which have given me relief, though they may perhaps seem common, and not worthy of notice.

* *Concerning bloody urine.* SAUVAGES has arranged this disease amongst his order SANGUIFLUXUS, of which he has made it his fifth genus, HÆMATURIA, and given us no less than fifteen species, which he thus describes:

“ An efflux of blood, or of urine as if bloody, or of bloody semen from the urethra in men and women, whose cause is either in the kidneys, ureters, bladder, seminal vesicles, or in the urethra itself, the matter is either pure blood, or bloody urine, or urine having acquired an intense redness, or bloody semen.” But most of these effusions of blood are symptomatic; it happens, though very rarely, that this disease is idiopathic. Dr. CULLEN considers it chiefly in this light, attending a renal calculus, sometimes a putrid fever; however, what our author treats of here is the nephralgia *calculoſa*, having bloody urine for its concomitant. *W.*

2. In the year 1660, I had the longest and severest fit of the gout I ever had in my life, so that I was constrained for two months, in the summer season, to lie always in or upon a soft bed, and towards the close of the fit I began to feel a dull heavy pain, especially in the left kidney, and sometimes, though very seldom, in the right. After the gout went off, the pain in the kidneys remained, and attacked me at intervals, which, though it was not very sharp, made me apprehend the stone; for I had not yet had a single fit of the stone, *which is attended with severe pain along the ureters towards the bladder, and violent vomiting.** But though these signs of the stone in the kidneys appeared not hitherto, yet I had reason to believe I had a large stone in one of them, which being too big to pass into the ureters, occasioned the above-

Fears he has a large stone in one kidney.

* *Which is attended with severe pain along the ureters towards the bladder, and violent vomiting.* These are not always the symptoms, nor the whole which attend this disease; for a calculus of the kidney has not always for its associate any uneasy sensation, unless it should be put in motion by high living, strong passions, and severe exercise, from riding in a carriage over rough or stony roads. It is generally, however, discoverable by the following symptoms; from pain, and that sometimes excruciating, in either of the lumbar regions, seldom in both, and that fixed and permanent, which runs along the course of the ureter in the abdomen obliquely towards the bladder. In men, there is a retraction of the testicle of the affected side; in women, there is a numbness of the thigh, attended with pain, if the complaint should be intense, and also in the height of the pain there comes on a nausea and vomiting; in lying down upon the side affected the pain is alleviated; upon the opposite, aggravated; and the urine puts on different appearances; in the beginning it is watery and small in quantity; afterwards turbid and copious; often very hot and bloody. W.

mentioned

mentioned symptoms. And several years afterwards I found I was not mistaken; for having walked considerably, and for a long time in the winter season, in 1676, soon after the breaking of a severe frost, I made *bloody urine* directly, and consequently did so whenever I walked much, or was carried in a coach over the stones, though the horses went slowly; but this symptom did not seize me when I travelled in a coach in unpaved roads, how long a journey soever I made.

3. The urine I voided on these occasions, ^{Voids bloody urine.} though it looked very bad at the time of making so as to resemble pure blood, yet soon after it became clear at the top, like natural urine, the blood falling to the bottom by itself in clots. To relieve this disorder, I had a large quantity ^{Uses several remedies in-effectually to relieve himself.} of blood taken from my arm, and after taking some purges, had recourse to several sorts of cooling incrasflating remedies, along with a proper regimen, and carefully forbore all acid, pungent, and attenuating liquors. But receiving no benefit from these, and many other remedies, which it would take up too much time to enumerate, and fearing to drive the stone forwards by steel waters, as suspecting it was too large to be expelled thereby, I at length quite despairing of relieving myself in this method, especially having found that some of my acquaintance had hastened death by fruitlessly endeavouring to cure this complaint by such medicines; for which reason I resolved to desist from all further trials, unless by way of prevention; by avoiding all motion of the body as much as I could.

4. But

Induced to
try manna.

4. But happening afterwards to recollect the great commendations which some persons have bestowed on the seed of the ash-tree, for its stone dissolving, or stone breaking virtue, I imagined that if the seed had so much virtue, the manna thereof might probably have more. For the manna which comes to us, according to Mr. Ray, and other earlier writers, is neither an aerial honey, nor any kind of heavenly dew, but rather a liquor oozing from the leaves, branches, or trunk of the *Calabrian* ash-tree, of the truth of which Mr. Ray was farther satisfied whilst he was in his travels in *Italy*, by a physician, who frequently gathered manna from the branches and leaves of these trees, first closely covered with linen cloths. Accordingly, to make the trial, I dissolved two ounces and a half of manna in a quart of *whey*, and drank it, and took a little lemon-juice between whiles, as well to make it operate more speedily, it being ordinarily a slow purgative, as to render it more agreeable to the stomach. It is hard to express the ease I perceived in the region of the kidneys from this medicine; for though the pain was not continual before, yet I felt a troublesome weight. Encouraged by this success, I took this purgative every week on a set day, for some months, and found a manifest amendment after every purge, till at length I could bear the shaking of a coach when the horses went apace, and indeed continued free from this symptom till last spring, at the beginning of which it returned, occasioned by my having had the gout severely all the preceding winter, and my inability to motion, which made me indulge rest, and use less exercise than usual. And now

His manner
of taking it.

Greatly re-
lieved by it.

I doubted

I doubted whether I should have recourse to purging again, as finding that the mildest purge certainly occasioned a fit of the gout, because the whole substance of my body, in these latter years, had, in a manner, degenerated into nourishment for this distemper. But at length it came into my mind, that I might safely resume my former method of taking *manna* once a week, provided I took an opiate in the evening, after the operation, to quiet the tumult raised by the purgative. Accordingly, in the morning I drank two ounces and a half of *manna* dissolved in a quart of *whey*, and at night took sixteen drops of *liquid laudanum* in small beer; and repeated the *manna* and *laudanum* in this manner twice a week, for three weeks running. But afterwards I took the *manna* only once a week, because it had discharged such plenty of foul humours, as to leave little fear of the gout. And my reason telling me, that if *manna* was possessed of any stone-dissolving, or stone breaking virtue, its efficacy on which I depend, must needs be lessened, in some measure, by so powerful an astringent as *laudanum* is, I thought it best to omit taking the opiate, as I only purged once a week.

5. *I have continued this method for some months,** Repeated purging brought on and some symptoms of the gout.

* *I have continued this method for some months, &c.* As our author was so much afflicted with the gout also, he seems to have pursued the only palliative method he could, with safety to himself, have hit upon; for gentle aperients and sedatives seem highly proper and safe in his case; but in patients labouring under this complaint, who are free from the gout, other modes have been pursued with success. In order to alleviate the pain and prevent inflammation

and would not, upon any account, be persuaded to quit it. But though the pain in my back abated, as formerly, upon taking the first purge, yet

tion of the kidney from coming on from local irritation, bleeding is necessary; rest, mucilaginous diluting liquids; to take off the spasms attendant, narcotics; to sheath the passages and relax them, so that pain may be prevented, and assistance given towards the stone passing through the ureters, besides sedatives, oleaginous medicines, coupled with gentle purgatives, particularly oleum amygdalæ with manna, oleum Ricini, &c. may be administered; warm baths, a thin refrigerating diet, ptisans with nitre, &c.; Plentiful drinking of chalybeate waters, as well as all heating diurtics, must be avoided, for these bring the urine too freely to the kidneys, put the calculus in motion, increase local irritation, augment the painful symptoms, and produce inflammation.

After all the painful symptoms have ceased, many have thought of, and recommended remedies for dissolving the stone, as *oyster shell lime water*, drank according to Dr. Whyt's method; this has been observed to produce good effects, but then the course must be continued for months and years. *White soap* made into pills, taken to the quantity of half an ounce every day, which often alleviates the pain, and is said slowly to dissolve the stone. *A slight infusion of uva-ursi*, or the powder given in doses from half a scruple to half a dram twice a day, this is said to break down the granulated, friable calculi into small pieces, the gluten being dissolved; but without caution it is apt to bring on a dysury, and although it may occasion the evacuation of a great quantity of turbid urine, it scarce at all diminishes the bulk of the calculus. *DE HAEN* tells us, who had it recommended to him by *VAN SWIETEN*, that in calculous cases it enables the patients to retain their urine, and obviates the strangurious pains; it has also changed the appearance of the urine. In some of these cases, where it was bloody, alkaline, and purulent, nay so strongly alkaline as to effervesce with acids, it brought the urine back to its natural appearance, and made it deposit a healthful sediment; yet, though all the symptoms of the stone were removed, the stone itself was not dissolved, for the catheter always found the stone of the same size and roughness as before. Much dependence has also been placed in the use

yet soon after repeated purging brought on some symptoms of the gout, which sometimes affected the limbs, and sometimes the bowels: but *lau-danum*,

use of the caustic alkali and lime water. Dr. MONRO, in a late publication, gives us the following account of the mode in which they may be used:

“ Take of salt of tartar, *now called KALI*, eight ounces, “ of fresh quick lime, four ounces; of distilled water, a “ quart; mix them all well together in a large bottle, and “ let them stand for twenty-four hours; then pour off the “ ley, and filter it through paper, and keep it well stopt “ in phials for use: of this the dose is from thirty drops “ to three or four drams, which is to be repeated two or “ three times in a day.”

This solution is best administered in veal broth freed from its fat, mixing the quantity to be taken in a pint of this vehicle, and drank at equal stated periods in the day, viz. in the morning, about noon, and at night. The diet during this course, which must be continued for three or four months or more, must be plain and simple, avoiding all acids, or acescent liquids or solids, as also butter, fat meats, or oil. Soap ley will sometimes form irritation, create pain, and increase the violence of the symptoms, particularly where the bladder is in a diseased state, and from its continuance also be apt to break down the texture of the blood; when any of these circumstances occur, it must at least for a time be left off. But, notwithstanding the encomiums which have been passed upon the caustic alkali in this case, from the experiments of Dr. HOME and Dr. SIMON LANPHIER on its dissolvent property, it does not appear to be so very powerful as has been represented, but rather a medicine of very doubtful efficacy. There is another remedy, which has lately got into repute as a solvent; and that is *fixed air*, from various experiments it has been proved to be a good lithontriptic; it alleviates the symptoms both of the stone and gravel, acts as a powerful diuretic, discharges calculous concretions, heals ulcerations in the urinary passages, invigorates the organs of digestion, and strengthens the whole system. Water impregnated with fixed air may be drank freely, and is highly useful in calculous complaints. Salt of tartar, two ounces, dissolved in two quarts of distilled water, and then fully saturated with fixed air, is ordered to be taken, half a pint every eight hours.

Dr.

danum effectually checked these motions of the distemper. This method, however, having hitherto been successful, I judged it proper to continue

Dr. HULME advises fifteen grains of alkaline salt to be dissolved in three ounces of water, and the same quantity of that fluid to be acidulated with as much acidum vitriolicum dilutum as will neutralize the alkali; one of these are to be taken immediately after each other, so that the fermentation may take place in the stomach, and the fixed air there let loose. Three ounces of the aqua alkalina mephitica are ordered to be taken every sixth hour, which may be sweetened with honey, the patient drinking at proper intervals a glass of mephitic water acidulated with acidum vitriolicum dilutum, and sweetened also with honey; two or three pints of which must be taken within the space of twenty-four hours; or half a dram of kali dissolved in three ounces of water, sweetened with honey, to which half an ounce of fresh lemon juice must be added, at the time when the draught is to be swallowed, and may be taken instead of the alkaline water impregnated with fixed air. Honey, if it agrees with the bowels, may be administered at pleasure, and cyder, perry, brisk fermenting wines, and bottled beer may be used with moderation at proper times, as they are replete with large proportions of fixed air. If the patient be costive, magnesia alba is recommended as an aperient; if in the contrary extreme, the *mistura è creta* of the London Pharmacopœia.

Not only alkalies have been considered as beneficial, but acids, which in some species of stone are more powerfully solvent, as proved by the experiments of the ingenious Dr. AMBROSE DAWSON, who therefore recommends, before any remedies are applied to dissolve the stone, that we should endeavour to find out the specific nature of the calculus, which may be done by examining the fragments, scales, or films which the stone in the bladder or kidney may cast off, and also the contents and sediment of the urine; and hence know whether we are to use an alkaline or acid menstruum for the purpose. In the third volume of the Medical Commentaries of Edinburgh we are told, that on the coast of Arabia Petrea, beyond the mountains of Sohär, in the dominions of Muscat, they have an effectual remedy for the stone in the bladder; by means of a golden catheter, which they introduce quite into the bladder, they inject a weak ley of alkali or ashes, with the purified

tinue it, both to prevent the return of the bloody urine, and to carry off a part of the matter that forms the stone. And, in the end, it answered my expectation, having never had this hæmorrhage since my first publication of this treatise, and therefore I left off the *manna* entirely. But cured his disorder.

6. With respect to purging, therefore, in the case of bloody urine, provided only *manna* be used according to the method above delivered, I must retract an assertion I formerly published in my treatise on the gout; namely, *That it is absolutely improper to purge gouty persons either at the beginning, declension, or in the intervals of the fits.* The author retracts a former opinion of his concerning purging.

Tho' Sinon's plunged by fate in misery,
'Tis not in fortune's power to make me lye.

For

rified fat of a sheep's tail, and a proper quantity of opium, all compounded together, which composition comes into immediate contact, in its unaltered state, with the stone, and never fails to dissolve it.

These are what have been advanced by authors who have written on the subject; as for my own part, I have known the greatest good derived chiefly from alkali and mephitic air, occasionally administering the *uva urſi*, but cannot say I have been so fortunate as to have seen the stone dissolved by these or any other means. *W.*

† *That it is absolutely improper to purge gouty persons, &c.* This retraction of a former opinion of our author does him infinite credit, and shews him at once a man of candour, and a philanthropist; labouring to promote the welfare of mankind; and must induce his readers to pay the strictest attention to his observations. It also at the same time furnishes an example for his successors extremely worthy of imitation; an example replete with honour, integrity, and utility. With regard to purging in these arthritic cases we have before given our opinion, pag. 202, *Note* * of this volume; and shall add, however proper it may be now and then, we must be extremely careful that it should not be produced in any great degree, or in such constitutions where a retrocession of the arthritic acrimony is likely to be the consequence: hence in the strong, young, and athletic, where the constitution is in full vigour, where the circulatory powers

For I did not then recollect that the fit which I feared might be occasioned by the purgative, might be prevented by giving an opiate at night. Nevertheless, if the gout only be attended to, all manner of evacuations are very pernicious therein, and therefore not to be used, unless the above-mentioned symptoms require them.

His way of living.

7. To these observations I will add a few particulars, relating to the regimen and diet, which seem proper in both these distempers; for I would not omit mentioning any thing that may be serviceable to such as labour under the diseases that I do. In the morning, as soon as I am up, I drink a dish or two of tea, then I go out in my coach till noon, and at my return home I dine moderately upon any kind of meat I like, that is easy of digestion: for moderation is principally necessary. I drink a little more than a quarter of a pint of canary immediately after dinner every day, to promote digestion, and drive the gout from my bowels. In the afternoon I go out in my coach, and, when business permits, take a turn into the country for two or miles for good air. A draught of small beer serves me instead of a supper; and I drink another draught after I am in bed, and about to compose myself to sleep, in order to dilute and cool the hot and acrid humours lodged in the kidneys, which breed the stone. I always prefer small beer brewed with hops, to that which

powers maintain a proper degree of force, purges may be administered with safety and utility; but in habits where the system is in a debilitated state, where the circulation is languid, they seem calculated to be of disservice in general, and very often dangerous, by weakening the habit, and soliciting a deposition of the gouty matter upon the stomach, intestines, or some of the vital parts. *W.*

has

has none, because, though unhopped small beer is smoother and softer, and so better suited to bring away the stone from the kidneys, yet that which is brewed with hops, on the account of the slight stypticity it receives from the hop, is less apt to breed gravel and calculous matter than that which has none, as being more viscid and slimy. On my purging day I dine upon a chicken, and, notwithstanding, drink my canary as usual. I go to bed early, especially in the winter season; this being one of the best helps for promoting digestion, and preserving the proper order of nature: whereas, on the contrary, sitting up late weakens and vitiates all the digestive faculties in aged persons afflicted with any chronic disease, and injures their vital principle to a degree, not to be easily remedied. And to prevent bloody urine from the stone, whenever I am obliged to go very far in my coach upon the stones (for the longest journey in unpaved roads does me not the least hurt) I always drink a large draught of small beer before I set out, and another in the way, if I am abroad a considerable time; by which means I secure myself pretty well from bloody urine.

8. *But with respect to the gout,* I will add one observation, which is this:* of late years the Attacked sometimes with the gout inwardly.

* But with respect to the gout, I will add one observation, &c. Dr. Cheyne, tells us, that slight touches of the gout in the stomach, which seem to have been our author's case, will yield to any little stomach purge; but adds, that it is more obstinate towards the decline of life; when it settles in a constant pain, nauseating and kecking in the stomach. Vomits are reckoned dangerous in the gout, lest they should drive the humour on the stomach; but there can be no

gouty matter sometimes strikes in, occasioned by some error in the non-naturals, the signs of which are great sickness, with vomiting, and a slight pain of the belly, whilst the limbs at the same time are suddenly freed from pain, and better disposed to motion than ordinary. In this case I drink a gallon of posset drink, or small beer, and after having discharged it upwards, take a small draught of *canary*, with eighteen drops of *liquid laudanum* in it, and compose myself to sleep: and by this method I have several times saved myself from imminent death.

His method
of relieving
himself.

room for such a suspicion here, wherefore, upon the first seizure of the stomach, a vomit is instantly to be administered, and repeated, according to the occasion of the case: after that, tincture of aloes, with compound tincture of *lavender*, and a few drops of tincture of *snakeroot*, and compound tincture of cinnamon, with a hot *sinapism*, or blisters on the ancles: and, last of all, the highest cordials, and most generous wines, may be freely indulged without fear of inflammation. Among the cordials, I would recommend the *electuarium de ovo* as containing *camphire* (the most constant and active *diaphoretic*, and the most useful one for that purpose) and some other of the richest cordials. After all this management, should the *gout* still continue in the stomach, and become habitual, (which it seldom does after such a method taken in time) nothing but a long course of the *Bath* waters, with *steel*, bitters, and gentle stomach purges, a regular diet, and proper exercise, can effectually cure it.

If we consider that the *gout* is generally attended with an atonic state of the stomach and digestive organs, and that is considered as one cause of the *gout*, we should be cautious in our administering of opiates; for though they may give some immediate relief, they contribute greatly to weaken the internal parts, and leave them after their action in too torpid a state; they should therefore be had recourse to only in cases of great emergency, and always coupled with some warm stimulants; perhaps the best of this class is the *confectio opicata* of the London *Pharmacopœia*, consisting of aromatics and opium. *W.*

9. Though it may, perhaps, seem absurd; Apologizes for talking so much of himself: especially in a person whose life or death is of so little moment, to mention himself so frequently, yet my intention in communicating these particulars is to serve others, whose lives and health are probably of greater value.

10. Lastly, we are to take notice of the great danger which some persons who have the gout and stone run by unadvisedly taking *manna* dissolved in the *purging mineral waters*; for though being taken this way, it works quicker, and fits easier upon the stomach, yet these inconsiderable advantages are no equivalent for the mischief otherwise occasioned by the waters. For if the stone in the kidneys be too large to be forced through the ureters into the bladder, these waters generally cause a fit, which continues not without endangering the life of the patient, till the stone gets back again into the *pelvis*. *Steel waters*, likewise, are unsafe, unless it be certainly known beforehand, that the stone is small enough either to slip, or force its way through the ureters; which, to the best of my judgement, can only be learnt with certainty from hence; *viz.* if the patient has already had a fit of the stone, (which consists of a very sharp pain in one of the kidneys, extending through the whole duct of the ureters, and accompanied with violent vomiting) he may be assured that the *pelvis*, instead of having a large stone in it, rather contains a number of small stones, one of which will fall occasionally into the ureters, and cause a fit, which generally lasts till it is forced into the bladder. In this case, I say there is no *Steel waters* better remedy either to prevent the increase of ^{recommend-} _{ed. in these} small stones, or to expel them from the kidneys _{diseases.}

than drinking *steel waters* plentifully every summer.

A fit of the stone, how to be treated.

11. But as persons may often be seized with a fit of the stone, when these waters are either not procurable, or at an improper season for drinking them, they are to be treated according to the following short and plain method. The patient being sanguine and not aged, take ten ounces of blood away from the arm of the pained side, then let a gallon of *posset drink*, in which two ounces of the roots of *marshmallows* have been boiled, be drank with the utmost expedition, and the following glister injected :

Take of the roots of marshmallows, and the white lily, each an ounce; the leaves of mallows, pellitory of the wall, bear's breech, and camomile flowers, each an handful; the seeds of flax and fenugreek, each half an ounce; boil them together in a sufficient quantity of water to a pint and half; in the strained liquor dissolve brown sugar and syrup of marshmallows, each two ounces: mix the whole for a glyster.

When the patient has thrown up the posset drink, and the glyster done working, give a sufficiently large dose of *liquid laudanum*; for instance, twenty-five drops, or fifteen or sixteen grains of *MATTHEW's* pill. But bleeding is not to be used in aged persons, worn out by some inveterate chronic disease, and ancient women subject to the vapours, especially if they void black gravelly urine at the beginning of the fit: nevertheless, in other respects, this method must be closely followed.

12. But to return to the stone, supposing it a large one, which is our present subject: if the patient

patient hath never had a fit, on account of the stone's being too big to pass the *pelvis*, *steel waters* will not only do no service, but cannot be used without immediate danger, for the reasons above mentioned. Nor do *mineral waters* succeed better in gouty persons, if they be advanced in years, as such mostly are, and withal of a weak and phlegmatic constitution; the strength of nature being sometimes impaired to that degree in such subjects, as to give great reason to apprehend the total loss thereof from such a quantity of water. But whether the ill consequences happening to persons of this constitution proceed from this, or some other cause, I am thoroughly persuaded that abundance of persons, who have been extremely debilitated, and in a manner worn out by this distemper, have been destroyed by these waters.

Steel waters
pernicious
in case of a
large stone,
and in the
gout.

13. And this is in a manner all I have discovered concerning the cure of diseases to the present day, September the 29th, 1686,



PROCESSUS INTEGRIS

OR,

COMPLETE METHODS

OF

CURING MOST DISEASES.

TO WHICH ARE ADDED,

An accurate DESCRIPTION of their respective SYMPTOMS, several judicious OBSERVATIONS, and a short TREATISE of a CONSUMPTION.

ADVERTISEMENT.

IT may not be improper here to caution our readers, not to depend wholly on what is said and directed to be done in most of the diseases described in the subsequent short treatise; but to consult those places in the foregoing works of our author, where they are treated of at large, and practical notes of our own, and others, occasionally added, to supply deficiencies, correct mistakes, or farther to explain, illustrate, and confirm his sentiments and observations.

THE

EDITOR's PREFACE.

THE reader is here presented with a specimen of practice, drawn up with great thought and care, and written with his own hand, for the use of his son, a physician, and given to me by the excellent SYDENHAM: a man who hath had few competitors in any former age, and will be equalled by few in any succeeding one; who was no less eminent for his wonderful sagacity and penetration, than his probity and remarkable benevolence to mankind, so that he died greatly regretted by all that knew him; whose rules, though they are deeply imprinted in my mind, yet for fear they should by some means or other slip my treacherous memory, both to my own prejudice, and that of the diseased, I sent the manuscript to the press, and caused about twenty copies to be printed to oblige my friends. How this piece came to be published, so usefully enlarged, among the *Micellanea Curiosa*, printed last year at Nurenburg, I know not; but it is now put into such a dress as to render it every way useful; not stuffed with fanciful speculations, and absurd notions, nor adorned with a favourite hypothesis, supported by many specious reasonings, but describing diseases candidly and accurately, and yet more accurately exhibiting the methods of cure; the sole scope of the work being to shew what nature is able to perform and bear. And to say the truth, if a person knows the structure of the parts, diseases will discover themselves by their symptoms, which may be learnt from diligent observation, and he will thence be taught to apply the true and genuine method

method of cure, by diet and medicine, and become a successful practitioner.

It is of little significance, whether an alkali or an acid offends, or the disease be seated in the animal spirits, or the blood, or in some hidden bowel, in order to discourse pretty learnedly and fully of the periodic return of intermittents; whilst the fever mean time plainly discovers itself, even to the attendants on the sick, by the restlessness, thirst, heat, quick pulse, retchings, and other symptoms. Hence I have often wondered, why physicians of great judgement and practice do so solicitously and scrupulously endeavour in their writings to investigate the immediate and proximate causes of disorders, and bring them out of that obscurity in which nature has involved them, though they fail in the attempt, and cannot but know at the same time how totally ignorant they are of the causes of some obvious appearances; as, for instance, whence proceeds the greenness of grass, or the whiteness of snow. It were better to personate the physician than the philosopher, (for who would have *Cartesius* for his physician?) duly and clearly to enumerate the most minute particulars, and candidly and faithfully to propose the most effectual remedies for the cure of every particular disease. By this means the art of medicine, being no longer confined to the narrow limits to which it is now restrained, will be generally known, happily promote the health of mankind, and cause its professors to be had in the highest esteem.

Our judicious author, not long before his death, intended to have given us a treatise of a consumption. He spared no pains in searching after nature's method of curing diseases, that he might assist her, and alleviate the miseries of mankind. Hence, being taught by undeniable experience, and a series of most faithful observations, he improved practice, and reduced the rules thereof to greater certainty. But, to the misfortune

tine of the consumptive, whilst he pursued these studies without intermission, the debilitated spirits forsook their ordinary posts, and the gout, which he had been afflicted with several years, and which had weakened his limbs, struck in upon the bowels, and occasioned a violent vomiting and looseness, which endangered his life. But the prince of physicians yielded not to a single disease, for this was succeeded by the stone in the kidneys, which having corroded the mouths of the vessels, he voided more bloody urine than old age could bear; so that suffering the disorder to take its course, being neither desirous of life nor death, it carried him off. But not totally to deprive the consumptive of help, we have published such fragments, as every where discover their author, and may be serviceable at least in the first stage of a consumption (for it is not right to conceal any thing that may relieve our fellow creatures) that from this sketch it may appear, how accurate and complete a treatise of consumptions we might have expected from him, had Providence permitted him to live to finish it.

That our very deserving author was eminently skilful in curing fevers, the small pox and measles, and all other acute and chronic diseases, the following sheets will shew. The properest regimen and diet are directed, only a few necessary remedies are prescribed, such as are neither invented to enrich the apothecary, nor compounded out of vain ostentation. He allowed his thirsty patients to quench their thirst, as he did his own, by drinking small beer freely at pleasure, which wonderfully refreshed and cooled them; and did not cruelly stop his ears to their entreaties, and substitute nauseous apozems and julaps instead of it. He was very careful to prevent their being more heated, who were already too hot, either by making a large fire in the room, heaping too many cloaths on them, or giving them remedies to carry off the crude and yet unconcocted matter

by

by the pores, which being by this means put into motion, flies to the brain, and occasions a phrensy, or coma, or from the extravasation of the blood, covers the breast with purple spots, or what are termed miliaery eruptions. Can the history of the small pox be written in a more accurate and masterly manner than he has done it? He specifies the day of eruption in both sorts, and exactly describes the nature of the pustules: expressly tells us when the salivation begins, and how long it lasts; in what manner the swelling of the face and hands appears, and particularizes what is to be expected every day. He was the first who advised the use of opiates in this distemper, (with what advantage let the physicians judge) and who justly condemned the practice of giving cordials before the eruption, which often occasioned a confluent kind of small pox. But these particulars will be better learnt from his own writings; wherefore I take my leave of the reader, intreating him to overlook whatever errors he may meet with in this performance.

S. M.

The Prescriptions most frequently used by the Author.

The common purging potion.

TAKE of tamarinds, half an ounce; sena, two drams; rhubarb, a dram and half; boil them together in a sufficient quantity of spring water to three ounces; in the strained liquor dissolve manna and solutive syrup of roses, of each one ounce: mix the whole for a potion.

The common vomit.

Take of the distilled water of holy thistle, two ounces; of antimonial wine, an ounce; syrup of cloves, half an ounce;

ounce; mix them together for a vomit, to be taken at four in the afternoon, drinking a large draught of posset drink after every puke.

The pearl julap.

Take of the distilled waters of black cherries and milk, each three ounces; small cinnamon water, an ounce; prepared pearl, a dram and half; fine sugar enough to sweeten it; and rose water half an ounce: mix all together for a julap, of which let the patient take four or five spoonfuls when he is faint.

The cordial julap.

Take of the distilled waters of black cherries and milk, each three ounces; plague water, syrup of cloves, and the juice of citron, each half an ounce; mix them for a julap, a few spoonfuls of which are to be taken often.

The dietetic decoction.

Take of the roots of sarsaparilla, six ounces; sassafras and china, each two ounces; liquorice root, an ounce; boil them together in two gallons of spring water for half an hour; then let them stand close covered upon hot ashes twelve hours, afterwards boil them again till one third of the liquor is evaporated; and upon removing it from the fire, infuse therein half an ounce of aniseeds, for two hours; then strain it off; lastly, pour off the decoction, after it is clarified by standing, into bottles, in which let it be kept well corked for use. —It is to be drank for thirty days for common drink.

The opening and antiscorbutic apozem.

Take of the roots of grass, succory, fennel, and asparagus, of each an ounce; currants and raisins stoned, each two ounces; the leaves of liverwort, hart's tongue, and maiden hair, each one handful; the leaves of brook lime, added towards the end, two handfuls; boil them together

together in a sufficient quantity of spring water to a quart, and towards the end of the operation add half a pint of Rhenish wine; strain off the decoction, in which, whilst hot, infuse in a close vessel for two hours an handful of the leaves of garden scurvy grass; then having strained off the liquor again, add to it the syrup of the five opening roots, and of the juice of oranges, each two ounces; small cinnamon water, an ounce; mix the whole together for an apozem, to be taken in the quantity of half a pint at a time, in the morning, and at five in the afternoon, for a fortnight.

The thickening linctus for a cough.

Take of the oil of sweet almonds, an ounce; syrup of red poppies, of purslain, and of jujebs, and the healing lohoch, each half an ounce; white sugar a sufficient quantity; and make thereof a lohoch or linctus, according to art; to be taken frequently off a liquorice stick.

A more thickening linctus.

Take of the conserve of red roses, syrup of violets, and of white poppies, each an ounce; white poppy seeds, three drams; pass them through a hair sieve; then add oil of nutmegs, by expression, six grains: mix and make a lohoch.

For a thin tickling cough.

Take of the conserve of red roses, two ounces; syrup of white poppies, and of jujebs, each an ounce; olibanum, mastich and amber, in fine powder, each a dram; oil of nutmegs, by expression, six grains: mix them together for a lohoch; a small quantity of which is to be taken often, and swallowed slowly.----And let a spoonful of it be taken twice a day with eight, ten, or twelve drops of balsam of sulphur, with oil of aniseed.

Purging ale.

Take of polypody of the oak, a pound: monk's rhubarb, the leaves of sena, and stoned raisins, each half a pound; rhubarb sliced, and horse-radish root, each three ounces; the leaves of garden scurvy grass and sage, each four handfuls; four oranges sliced; infuse them together in five or six gallons of ale, whilst it works; and when it is fit to drink, let it be used for common drink for a fortnight or three weeks, drinking a draught of it every morning especially.

The hysterick plaister.

Take of galbanum (dissolved in tincture of castor, and strained off) three drams; tacamahac, two drams; make a plaister thereof, to be spread on leather, and applied to the navel.

The purging medicine for very young children.

Take a small spoonful of the syrup of succory, with rhubarb, and give it the child.

The bitter purgative decoction.

Take of the bitter decoction, made with a double quantity of sena, four ounces; syrup of buckthorn, an ounce; the electuary of the juice of roses, two drams: mix them together for a draught.

PROCESSUS INTEGRI:

O R

Complete METHODS of curing most DISEASES.

Of that Disorder which is called the *Hysteric Passion* in Women, and the *Hypochondriac Disease* in Men.

1. WHEN the mind is disquieted by some great misfortune, the animal spirits run into irregular motions, a copious transparent urine is voided between whiles, the patients utterly despair of their recovery, and presage the worst evils to themselves. Whatever part of the body the distemper attacks, and it affects several, it soon produces the symptoms peculiar thereto: thus, when it seizes the head immediately after a difficult delivery, it occasions an apoplexy, which terminates in a palsy of one side; sometimes it causes convulsions, much like an epilepsy, and appearing in this manner, it is commonly termed the strangulation of the womb, which is accompanied with a rising of the *viscera* and *præcordia* into the throat. Sometimes the patient is seized with the *clavus hysterius*, which is a sharp pain in a part of the head, no larger than a thumb's breadth, and is attended with a vomiting of green matter, not unlike *porraceous* bile.

2. The fit likewise counterfeits a palpitation of the heart, a cough, the colic, the iliac passion, the stone, and a suppression of urine, and sometimes causes excessive vomitings and a looseness. Outwardly, in the fleshy parts it sometimes occasions pains, and sometimes

times a swelling, which in the legs resembles a dropsy. It also attacks the teeth; and the external parts frequently feel as cold as a corpse; the patients laugh or cry without the least provocation, and sometimes spit so plentifully, that one would suspect they had been anointed with some mercurial ointment. Whatever part hysterick pains affect, they always leave it so tender upon their going off, that it cannot bear to be touched, as if the flesh had been beaten with stripes.

3. Let eight ounces of blood be taken away, and a galbanum plaster applied to the navel; and next morning let the patient begin to take the following medicines:

Take of the greater pil. cochiæ, two drams; castor powdered, two grains: balsam of Peru, three drops; make the whole into twelve pills, of which let four be taken every morning, or every second morning, (according to the strength of the patient) at four or five o'clock, sleeping after them.

Take of the distilled water of rue, four ounces; compound briony water, two ounces; castor (tied up in a piece of linen, and suspended in the vial) half a dram; fine sugar, enough to sweeten the whole; mix them for a julap, of which let four or five spoonfuls be taken whenever the patient is faint.

4. After finishing these pills, let the following medicine be used:

Take of the filings of iron, eight grains; extract of wormwood enough to make it into three pills, to be taken early in the morning, and at five in the afternoon, for the space of thirty days, drinking after each dose a draught of wormwood wine.

5. If the form of a bolus be more agreeable,

Take of the conserve of Roman wormwood, and of orange peel, each an ounce; candied angelica and nutmeg, and Venice

Venice treacle, each half an ounce; compound powder of wake-robin, three drams; candied ginger, two drams; syrup of citron juice, or in defect of it, syrup of orange peel, enough to make the whole into an electuary.

Take of this electuary two drams; the filings of iron, eight grains; syrup of orange peel enough to make them into a bolus; to be taken morning and night, with a draught of wormwood wine, or six spoonfuls of the following infusion after it:

Take of the roots of angelica, elecampane, master wort, each an ounce; the leaves of common wormwood, the lesser centaury, borehound, and germander, each an handful; the peel of two oranges, sliced thin; put thereon as much canary as will float the breadth of two fingers above it: let the tincture be strained off as it is wanted.

6. In weakly constitutions, steel may be exhibited in powder according to the following form:

Take of iron filings finely powdered, an ounce; compound powder of wake robin, six drams; the seeds of coriander, anise, and sweet fennel, each half an ounce; cinnamon and red coral prepared, each three drams; nutmeg, two drams; make them into a fine powder; to which add fine sugar, an equal weight with all the foregoing.

Half a dram of this powder is to be taken twice a day, for the space of four days, and afterwards a dram twice a day, for the space of forty days, drinking after each dose six spoonfuls of the following julap, or as much wormwood wine:

Take of milk water, twelve ounces; compound gentian water, four ounces; the greater compound wormwood water, two ounces; fine sugar, enough to sweeten it: mix them for a julap.

Or,

Take of Rhenish wine, in which wormwood has been infused, half a pint; compound gentian water, two ounces; syrup of clove-july flowers, an ounce: mix them for a julap.

Take of fine myrrh, galbanum, and fetid asa, each a dram; castor, half a dram; balsam of Peru, enough to make them into a mass, each dram whereof is to be made into twelve pills, of which three are to be taken every night, drinking after them three or four spoonfuls of compound briony water, during the continuance of this proceſs.

7. If these pills should open the body, use the following:

Take of castor, a dram; volatile salt of amber, half a dram; extract of rue, enough to make them into twenty-four pills, three of which are to be taken every night, with three or four spoonfuls of the hysterick julap above directed.

Sixteen or eighteen drops of spirits of hartshorn, given often in any proper vehicle, do great service.

8. If the disease yields not to these medicines, let the following pills be used:

Take of the troches of myrrh, reduced to powder, a scruple; balsam of sulphur, with oil of turpentine, four drops; dissolved gum ammoniac, enough to make them into four pills, to be taken morning and night, drinking after them four or five spoonfuls of the hysterick julap, with twelve drops of spirits of hartshorn therein.

The antiscorbutic electuary, and the distilled water described above in treating of the rheumatism,* are beneficial in these disorders; and so is the strengthening electuary, with the addition of an ounce of the conserve

* Vid. pag. 401, 402. vol. i.

of garden scurvy-grafts, and six drams of the compound powder of wake robin, drinking some of the above-mentioned water after it.

9. But if this procedure fail, recourse must be had to the steel waters, and these proving ineffectual, let the sulphurous kind be tried, such as those of *Bath*.

10. These rules are to be observed in drinking the steel waters. (1.) If any bad symptom happen which may be ascribed to them, let them be left off till it vanishes; (2.) they must be continued six weeks at least, or rather two months; (3.) a little candied ginger, or some caraway comfits, should be taken between whiles to warm the stomach. (4.) Three of the hysterick pills, with four or five spoonfuls of the hysterick julap, may also be taken every evening during the first ten nights.

11. As to the *Bath* waters, let them be drank two days running, and used by the way of bath the third, continuing this method six weeks, or two months.

12. If the steel overheats the body during the course, let two quarts of the purging mineral waters be drank every fourth morning whilst it is continued; because these waters have the property of opening the body, without occasioning any disturbance, as the sharp purgatives ordinarily do.

13. If the steel ruffles the constitution considerably, give a dose of *laudanum*, in a few spoonfuls of some hysterick water, every night for some time.

14. When the strength appears much impaired, from the long continuance of the disease, bleeding and purging are to be omitted, and immediate recourse had to steel.

15. But if the symptoms be moderate, it will be sufficient to bleed first, and afterwards purge three or four times, and then administer the hysterick pills morning and night for ten days.

16. In case of intolerable pain, violent vomiting and purging, laudanum must be exhibited, and afterwards the spirits strengthened. But if the strength will bear it, bleeding and purging must be previously used, especially in women of robust make, and those of a sanguine constitution. In the weak, who have lately had a fit, it is enough to cleanse the stomach with a gallon of posset drink, exhibiting immediately after the operation a large dose of *Venice* treacle, or the electuary of *ORVIETANUS*, washing it down with a few drops of laudanum in a few spoonfuls of any spirituous liquor. But if the patient has vomited lately, and vomiting cannot be farther encouraged with safety, such a quantity of laudanum must immediately be given, as may be sufficient to conquer this symptom, repeating it after every vomiting, in a solid form especially, or in a very small proportion of some liquid: for instance, a few drops may be given in a spoonful of strong cinnamon water, the patient in the mean time indulging rest, and keeping her head still. After the symptom is conquered, let the laudanum be continued morning and night for a few days.

17. In the use of laudanum two things must be carefully observed. (1.) When once we begin with it after any evacuation, it must be given in a sufficiently large dose, and repeated often enough to conquer the symptom, only intermitting such a space of time between every dose, as may be sufficient to inform us what effect the last hath had before we give another. (2.) When the cure of a disease is attempted by laudanum, we must forbear evacuations, and not venture even upon the mildest glyster.

18. The frequent and long continued use of *Venice* treacle is very serviceable in this and many other diseases proceeding from a want of heat and concoction.

19. A few spoonfuls of an infusion made with the roots of gentian and angelica, the leaves of wormwood and centaury, orange peel and other strengthening ingredients

dients in canary, taken thrice a-day, does great service, provided the patient be not of a thin and bilious constitution.

20. The bark is an excellent remedy, especially in hysterick spasms, a scruple of it being taken morning and night for some weeks.

21. In thin and bilious constitutions a milk diet is proper especially in the hysterick cholic, provided the inconveniencies, wherewith it is attended in the beginning, can be overcome, which are its coagulating in the stomach, and affording too little nourishment to keep up the strength.

22. But nothing does so effectually strengthen the blood, and raise the spirits, as riding much on horseback almost every day for a considerable time; and riding in a coach is no contemptible remedy.

*Of the depuratory or cleansing Fever of the Years
1661, 62, 63, 64.*

1. IF the patient be young, take away some blood from the arm, and the same day, a few hours afterwards, or the following day, two hours after a light dinner, give a vomit of the antimonial wine, having three quarts or a gallon of posset drink in readiness to take a draught of, immediately after every motion upwards and downwards; and the operation being over, give the following, or a like opiate:

Take of the distilled water of black cherries, an ounce and half; plague water, half an ounce; liquid laudanum, sixteen drops; syrup of clove-july flowers, two drams; mix them for a draught.

It is not safe to give antimonial wine, even in the smallest dose, to children under fourteen.

2. From this time to the tenth or eleventh day, let the following glyster be injected every morning:

C c 3

Take

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Take of the common decoction for glysters, or milk, a pint ; coarse sugar and syrup of violets, each two ounces ; mix them for a glyster.

3. And after this time suffer the patient to be costive, that the febrile matter may be sooner come to a concoction ; for which purpose, mild cordials administered during the last days are very beneficial.

Take of the compound powder of crabs claws, fourteen grains ; the electuary of the egg, half a scruple ; syrup of clove-july flowers, enough to make them into a bolus, to be taken every eighth hour, with five or six spoonfuls of the following julap :

Take of milk water and black-cherry water, each three ounces ; plague water and syrup of clove-july flowers, each an ounce : mix all together for a julap : or any other similar medicines.

4. If this method be carefully followed, it will generally be found proper, from the laudable separation of the urine, and the manifest abatement of all the symptoms, to give the common purging draught towards the fifteenth day.

5. It sometimes happens, especially in the aged, after the fever is gone off, and purging has been used, that the patient notwithstanding continues very weak, and sometimes by coughing, and other times by spitting, expectorates a copious tough phlegm, in which case, let him drink a glas of old malmsey, with a toast.

6. If an iliac passion succeeds this fever, order a scruple of salt of wormwood to be taken morning and night in a spoonful of lemon juice, and in the intervals let some spoonfuls of mint water by itself be taken twice an hour. At the same time let a live puppy be applied to the belly, and two or three days after the vomiting and purging are gone off, give a scruple of the greater pil. cochiæ, dissolved in mint water ; observing to keep the live puppy applied to the belly till this time.

7. To prevent a relapse let the use of the mint water be persisted in a considerable time, and the belly preserved from cold by wearing a double flannel.

Of the pestilential Fever of the Years 1665, 1666.

1. AFTER the sick person hath been blooded in bed, let him be well covered with cloaths, and a piece of flannel applied to the forehead, and then, if there be no vomiting, give the following, or like sudorific :

Take of Venice treacle, half a dram; the electuary of the egg, a scruple; compound powder of crabs claws, twelve grains; cochineal, eight grains; saffron, four grains; the juice of kermes, enough to make them into a bolus, to be taken every sixth hour, with six spoonfuls of the following julap:

Take of the distilled water of holy thistle and compound scordium water, each four ounces; treacle water, two ounces; syrup of clove-july flowers, an ounce: mix them together for a julap.

2. If there be a vomiting, do not give a sudorific till by the weight of the cloaths only the sweat begins to flow, the face being covered with part of the sheet in order to promote it.

3. When the sweat is begun, it is to be continued for the space of twenty-four hours, by giving draughts of sage posset drink, or mace ale, between whiles; and the patient during the sweat may be refreshed with restorative broths.

4. After the appearance of a swelling I have not ventured upon bleeding. The patient should keep his bed for twenty-four hours after the sweat is gone off, and be cautious of catching cold; his linen should be suffered to dry on his body, and his liquids taken warm; and he should also continue the use of sage posset drink; but next morning give my common purging potion.

5. The years 1667 and 1668, gave rise to a various fever, and the small pox; the years 1669, 70, 71, and 72, to the dysenteric fever; and the years 1673, 74, and 75, to the comatous fever: but I do not treat of the cure of these several fevers, because I conceive that they may be conquered by the method specified in treating of the fever of 1685.*

Of intermittent Fevers.

1. THE fit begins with a chilliness and shaking, which are soon followed by heat and then sweat, that terminates the fever: though in the beginning of this disease, especially in autumn, a remission rather than an intermission is perceived. The cold and hot fit are both generally accompanied with a vomiting, great sickness, thirst, and a dry tongue. A swelling of the abdomen in children, and of the legs in grown persons, shews that the fever is going off, but a pain of the tonsils, a hoarseness, hollow eyes, and hippocratic face foretell death.

Take of the Peruvian bark in fine powder, an ounce; syrup of clove-july flowers, or of red roses, enough to make it into an electuary, to be divided into twelve doses, one of which is to be taken every fourth hour, drinking after it a glass of any sort of wine; beginning immediately after the fit.

2. If the electuary runs off downwards, give ten drops of liquid laudanum in a glass of wine after each, or every other dose, as there is occasion. In order to prevent a return of the fever, especially in a quartan, this process is to be repeated every week for three weeks more.

3. If pills are better liked,

* See pag. 315 of this volume.

Take of the Peruvian bark finely powdered, an ounce ; syrup of clove-julij flowers, enough to make it into pills of a middling size, six to be taken every fourth hour.

If a tincture,

Take of the Peruvian bark grossly powdered, two ounces ; Rhenish wine, two pints ; digest them together without heat, and strain off the tincture, three ounces of which are to be taken every third or fourth hour.

4. If the fever be accompanied with an almost continual vomiting, so that the patient cannot get down the bark, give a scruple of the salt of wormwood, in a spoonful of fresh lemon juice, six or eight times in the space of two hours ; and afterwards sixteen drops of liquid laudanum in a spoonful of cinnamon water without spirit : and as soon as the vomiting stops let the patient begin with the bark.

5. In vernal intermittents, emetics seasonably administered before the fit, that is, that the operation may be over before its appearance comes on, sometimes cure : and sometimes a glyster injected daily on three or four of the intermediate days, produce a similar effect ; which may likewise be attempted in the following manner :

Take of Virginian snake weed, in fine powder, fifteen grains ; white wine, three ounces ; mix them together for a draught.

Let the patient take it two hours before the fit comes, and being well covered with cloaths, sweat three or four hours afterwards ; and let it be repeated twice in the same manner.

6. In case of great weakness, from the redoubling of the fits.

Take of the conserve of borage and bugloss, each an ounce ; conserve of rosemary, half an ounce ; candied citron peel, candied nutmeg, and Venice treacle, each three drams ; the

the confection of alkermes, two drams; mix them together and make an electuary, of which the quantity of a hazle nut is to be taken morning and night, drinking after each dose a few spoonfuls of any simple plague water, sweetened with sugar, and forbidding the use of glysters during the proceſſ.

7. If a dropsy happens in the declension of the disease, the fever not being yet removed, the cure must not be attempted by purgatives, but by horſeradish root, the tops of wormwood, the lesser centaury, juniper berries, and broom ashes, &c. infused in wine; but after the fever is gone off, by purgatives and aperients.

In children feized with this disease proceed thus :

Take of the distilled waters of black cherries and Rheinish wine, each two ounces; the Peruvian bark finely powdered, three drams; syrup of clove-july flowers, an ounce; mix them together for a julap, a spoonful or two of which, according to the age of the child, is to be taken every fourth hour, till the fits are gone off, dropping into every other dose, in case of a loofeness, one or two drops of liquid laudanum.

Of the stationary Fever from the Year 1685 to 1690.

1. THIS fever was attended with the following symptoms:—Heat and cold succeeding each other;—a pain of the head and limbs;—the pulse in the mean time differing little from a healthy state;—a cough sometimes;—a pain in the neck and jaws;—an increase of the fever towards night;—restlessness;—thirst;—the tongue either moist and quite covered with a white rough skin, or dry and brown in the middle, and white round the edges. From lying always in bed, a coma and delirium occur;—and the effects of a hot regimen are petechiæ, purple spots, miliary eruptions redder than the measles, an irregular pulse, startings of the tendons, and at length death.—Symptomatic sweats happen

pen in the beginning, which being promoted by art, appear clammy in the head, and drive the morbific matter there, or to the limbs.

2. Take away ten ounces of blood from the arm, and repeat the bleeding, if a difficulty of breathing, an acute pain of the head in coughing, and other signs of the bastard peripneumony appear. And in this case bleeding and purging must be repeated till the patient recovers.

3. At night apply a blister, and next morning prescribe a laxative draught, which must be repeated every other day, to a third time, and a composing draught given in the evening after the operation.

Take of the distilled water of cowslips, three ounces; syrup of white poppies, an ounce; fresh lemon juice, two spoonfuls: mix them for a draught.

4. The aphthæ and hiccup which succeeded spontaneously after the cure of the fever, ordinarily go off in the same manner; but if they continue long, are easily removed with an ounce of the *Peruvian* bark, made into an electuary, or pills, with a sufficient quantity of the syrup of red poppies, a dram whereof is to be taken twice or thrice a day, drinking after each dose a draught of whey. This medicine will certainly answer the end, if the virtues of it be not destroyed by lying constantly in bed.

5. On the intermediate days of purging, dire the following:

Take of the conserves of wood sorrel and hips, each an ounce; the conserve of barberries, half an ounce; cream of tartar, a dram; syrup of lemons, enough to make them into an electuary, of which the quantity of a nutmeg is to be taken thrice a day, with six spoonfuls of the following julap:

Take of the distilled waters of purslain, lettuce, and cowslips, each three ounces; lemon juice, an ounce and half;

half; syrup of violets, an ounce; mix them together for a julap.

Or,

Take of spring water, a pint; rose water, lemon juice, and fine sugar, each four ounces; boil them together over a slow fire till the scum rises, which must be carefully taken off: three ounces of it may be taken at pleasure.

The following gargarism is likewise proper:

Take of verjuice, half a pint; syrup of raspberries, an ounce; mix them for a gargarism.

6. If the stomach be so much disordered by the fever, that a draught cannot be kept down, give two scruples of the greater pil. cochiae, and in this case an opiate is also to be exhibited; for instance, a grain and half of laudanum, with the same quantity of mastich, or eighteen drops of liquid laudanum, in an ounce of small cinnamon water.

7. The white decoction made with an ounce of burnt hartshorn, boiled in three pints of spring water, and sweetened with fine sugar, may serve for common drink; as may small beer likewise at pleasure.

8. When the patient has been purged twice, he may be allowed to eat chicken, and after the last purgation, provided the fever be a little abated, four spoonfuls of canary may be given him in the morning, and afternoon, and at night also for some days.

9. Nothing is more serviceable in a delirium, or coma, than shaving the head, without applying a plaster, but only wearing a cap.

10. If, as it sometimes happens in hysterical women, the fever continues after this repeated bleeding and purging, then, provided there be no signs of a peripneumony, and inflammation about the vital parts, let an opiate be ordered every night, and hysterical medicines twice or thrice a day.

How

How Children are to be treated in the Stationary Fever.

1. APPLY two leeches behind each ear, and a blister to the neck, and purge them with an infusion of rhubarb in beer. Page 342. vol. ii.

2. If the fever seem to intermit after purging, exhibit the julap with the *Peruvian* bark, above set down, in treating of intermitting fevers. Page 449. vol. i.

Of the Scarlet Fever.

1. THE scarlet feyer chiefly attacks children towards the close of summer: they are chill, and shake in the beginning, but not very sick; the skin is covered with small red spots, which are more numerous, large, and redder than the measles, and continue two or three days; after which the scarf skin falling off, the true skin appears marked with branny scales.

Take of burnt hartshorn finely powdered, and compound powder of crabs claws, each half a dram; cochineal, two grains; fine sugar, a dram; make them into a fine powder, to be divided into twelve parts, one of which is to be taken every six hours, drinking after it two or three spoonfuls of the following julap:

Take of black cherry and milk water, each three ounces; syrup of citron juice, one ounce; mix them for a julap.

2. Apply a blister, likewise, to the neck, and give an opiate of the syrup of white poppies every night; and the symptoms being gone off, exhibit a purge.

Of the Pleurisy.

1. THIS disease prevails between the spring and summer: it begins with a chilness and shaking, which are soon accompanied with heat, thirst, restlessness, and

and the other symptoms of a fever;—in a few hours the patient feels a violent pain in one side, near the ribs, which sometimes extends to the *scapula*, sometimes to the *spina dorsi*, and sometimes to the fore part of the breast;—he has likewise a violent cough;—the matter expectorated at the beginning of the disease is small in quantity, thin, and frequently streaked with blood; but in the course thereof it is more copious and concocted, and also mixed with blood;—the fever keeps pace with the cough, the spitting of blood, and the pain; and abates gradually, according as expectoration becomes easier;—the body is sometimes costive, and sometimes too open; and the blood, when cold, looks like melted tallow.

2. Take away ten ounces of blood from the arm of the affected side.

Take of the distilled water of red poppies, four ounces; sal prunella, a dram; syrup of violets, an ounce; mix them for a draught, to be taken immediately after the first bleeding.

Take five sweet almonds blanched; melon and pumpkin seeds, of each half an ounce; the seeds of white poppies, three drams; barley water, a pint and half; rose water, two drams; sugar candy, enough to sweeten it: make the whole into an emulsion, four ounces of which should be taken every fourth hour.

Take of the pectoral decoction, a quart; syrup of violets, and maiden hair, each an ounce and half: mix them for an apozem, of which half a pint is to be taken three times a day.

Take of oil of sweet almonds, two ounces; syrup of violets, and maiden hair, each an ounce; sugar candy, enough to make them into a linctus.

Oil of sweet almonds by itself, or fresh drawn linseed oil, may be also given:

Take

Take of the oils of sweet almonds and lilies, and marsh-mallow ointment, each an ounce; mix them together into a liniment, with which anoint the affected side morning and night, applying a cabbage leaf thereto.

3. The bleeding is to be repeated in the same quantity, three days running, if the pain and difficulty of breathing require it.

Of the Bastard Peripneumony.

1. THIS distemper arises towards the beginning, and frequently at the close of winter. At the beginning the patient is hot and cold by turns;—giddy upon the least motion;—his eyes and cheeks are red and inflamed;—he has a cough, and in coughing feels a violent pain in the head;—he vomits up all liquids;—the urine is turbid, and very high coloured;—the blood taken away resembles pleuritic blood;—he breathes quick, and with difficulty, and has a pain in his breast. This disease is distinguished from a dry asthma, as being accompanied with evident signs of a fever, which never appear in that distemper, though they are much more gentle and latent than in the true peripneumony.

2. Let ten ounces of blood be taken away from the right arm, and the next day give this purging draught:

Take of the pulp of cassia, fresh extracted, an ounce; liquorice root, two drams; four fat figs; the leaves of senna, two drams and a half; troches of agaric, a dram; boil them together in a sufficient quantity of spring water to four ounces; in the strained liquor dissolve an ounce of manna, and half an ounce of the solutive syrup of roses; mix the whole for a draught.

3. But if the patient cannot take a draught, give him two scruples of the greater pil. cochiæ, at four in the morning.

4. Let

4. Let the bleeding be repeated the next day in the same quantity, and the day after give another purgative, which is to be repeated every other day, or seldom; according to the strength of the patient. And farther, if the symptoms do not go off, bleeding must be again repeated once, twice, or oftener, interposing some days between each bleeding, as there is occasion; but a second bleeding will mostly suffice. During this course, the patient should use the pectoral decoction, the linctus, and oil of sweet almonds, prescribed above in treating of the pleurisy, especially on the intermediate days of purgation.

Of the Rheumatism.

1. THIS disease begins with a chillness and shaking with the other signs of a fever;—in a day or two, and sometimes sooner, a violent pain seizes sometimes one limb, and sometimes another, but especially the wrists, shoulders, and knees, leaving a redness and swelling in the part last affected;—the fever goes off by degrees, whilst the pain continues, and sometimes increases. A rheumatic lumbago is accompanied with a severe fixt pain in the region of the loins, resembling a fit of the stone in every thing but a tendency to vomit; the patient cannot lie down in bed, but either gets up, or sits upright therein, and is perpetually moving his body backwards and forwards: the blood is fizzy, as in a pleurisy.

2. Let ten ounces of blood be taken away from the arm of the affected side.

Take of the distilled waters of water lily, purstain, and lettuce, each four ounces; syrup of lemons, an ounce and half; syrup of violets, an ounce; mix them for a julap, some of which may be drank at pleasure.

3. Emulsions of the four greater cold seeds should be prescribed, and a cataplasm, made of the crumbs of white

white bread and milk, tinged with saffron, applied to the part affected.

4. The next day take away the same quantity of blood, and bleed again in a day or two, and repeat the operation a fourth time, or oftener, if there be occasion, observing after the second time to repeat the bleeding at greater intervals.

5. On the intermediate days of bleeding, inject a glyster of milk and sugar between tinctures, or the following :

Take of the common decoction for glysters, a pint; syrup of violets and coarse sugar, each two ounces; mix them for a glyster.

6. If the patient be too weak to bear repeated bleeding, the cure, after the second or third bleeding, must be attempted in the following manner :

7. Exhibit my common purging potion every other day, till the disease goes off, and in the evening, after the operation, an opiate of syrup of white poppies.

8. If the distemper does not yield to these remedies, and the patient is too weak to bear any evacuations, give him the antiscorbutic electuary and distilled water, described in treating of the scurvy, which are also proper in a scorbutic rheumatism. Pag. 401, 402. vol. i.

9. In young persons, and such as live temperately, and drink wine with moderation, the rheumatism may be as successfully cured by a very cooling and moderately nourishing diet, as by repeated bleeding, which they cannot so well bear.

10. For instance : let the patient live upon whey only for four days running, and afterwards, besides the whey, he may eat a piece of white bread once a day, instead of a dinner, till he recovers ; only towards the declension of the disease, a piece of bread may likewise be allowed him at supper. When the symp-

toms are gone off, his diet may be boiled chicken, and other food of easy digestion; but every third day he must live only upon whey, till he is perfectly recovered.

Of the erysipelatous Fever.

1. IN this distemper all the parts of the body, but especially the face, swell, and are painful and red; — small pimples appear, which sometimes rise up into blisters, and spread over the forehead and head; — the eyes are buried under the swelling; — a chilness, shivering, and other signs of a fever, accompany these symptoms. In the other kind of this disorder, which is occasioned by drinking, there is a slight fever, attended with pimples, not unlike those caused by the stinging of nettles; which sometimes rise up into blisters, and soon after vanish, and lie hid under the skin, where they produce a very troublesome itching, and, upon scratching, come out again. There is also another kind of eruption, that generally appears in the breast, being a broad spot with yellow scales, which scarce rises higher than the skin, and whilst it keeps out, the patient is not at all indisposed, but when it strikes in, a slight sickness succeeds, and the urine is turbid and yellow; it yields to the same remedies as the stubborn itch, only wine, and flesh of easy digestion, may be used.

2. Take away nine or ten ounces of blood from the arm, and next day exhibit my common purging potion.

Take of the roots of marshmallows and lilies, each an ounce; the leaves of mallows, elder, and mullein, the flowers of camomile and melilot, and the tops of St. John's wort, and the lesser centaury, each one handful; linseed and fenugreek seed, each half an ounce; boil them together in a sufficient quantity of water to leave three

three pints, and to every pint of the strained liquor, when it is used, add two ounces of spirit of wine.

Let the part affected be fomented twice a day with flannels dipped in this fomentation, first made hot, and wrung dry; and, after fomenting, bathe it with the following mixture:

Take of spirit of wine, half a pint; Venice treacle, two ounces; long pepper and cloves, reduced to powder, each two drams: mix them together: cover the part affected with brown paper moistened with this mixture.

3. If the first bleeding does not cure the disorder, have recourse to the operation again, and this failing, repeat it twice more, interposing a day between each bleeding.

4. On the intermediate days of bleeding, order a glyster of milk and syrup of violets, and a cooling emulsion and julap:

Of the stubborn Itch, and other inveterate Eruptions of the Skin, which yield not to Bleeding and Purgings:

1. TAKE of Venice treacle, half a dram; electuary of the egg, a scruple; Virginian snake root, in fine powder, fifteen grains; oriental bezoar, five grains; syrup of candied citron, enough to make them into a bolus, to be taken every night, at bed time, for the space of one and twenty days, drinking after it six spoonfuls of the following julap:

Take of the distilled water of holy thistle, six ounces; plague and treacle waters, each two ounces; syrup of clove-julpy-flowers, an ounce; mix them for a julap.

2. The patient should drink half a pint of warm posset drink every morning, and sweat an hour after it.

3. This course being over, if the eruptions still continue,

tinue, let the parts affected be anointed with the following liniment:

Take of the ointment of sharp pointed dock, two ounces; pomatum, an ounce; flower of sulphur, three drams; oil of rhodium, half a scruple: mix them together for a liniment.

4. But these medicines must not be used before the patient hath been properly blooded and purged.

Of the Quinsey.

1. THE quinsey commonly comes between spring and summer; the fever accompanying it is soon succeeded by a pain and inflammation of the fauces, uvula, tonsils, and larynx; these parts being so much swelled as to hinder deglutition and respiration.

2. Bleed plentifully in the arm, and let the inflamed parts be besmeared with honey of roses, well acidulated with spirit of vitriol, or spirit of sulphur; and soon after let the following gargarism be used, not in the common way, but held quietly in the mouth, till it grows warm, and then spit out; and repeat it in this manner between times:

Take of the distilled waters of plantain, red roses and frogs spawn, of each four ounces; three whites of eggs, beat to a liquor; fine sugar, three drams; mix them together for a gargarism.

And let the cooling emulsion, prescribed in the cure of the pleurisy, be daily used.

3. Next morning, unless the fever and difficulty of swallowing be abated, bleeding must be repeated, and purging deferred till the subsequent day, otherwise a gentle purge may be given.

4. If the disorder still continues, which very rarely happens, let bleeding and purging be farther repeated, and

and a large strong blistering plaster applied between the shoulders, after the first bleeding.

5. On the intermediate days of purging, inject a cooling and emollient glyster in the morning: the patient must use a sparing diet, and sit up a few hours every day.

6. In all these fevers, which I call *intercurrent*, and in those likewise which I term *stationary*, it must be carefully observed, that the patient should sit up a great part of the day, and live upon barley gruel, and water gruel, and the like kind of diet, and use small beer and milk and water for his common drink.

Of the Measles.

1. CHILDREN are chiefly subject to this disease; which hath the following symptoms: The first day they are seized with a chilness and shivering, and heat and cold succeed by turns; — the second day a perfect fever comes on, accompanied with great sickness; — thirst; — loss of appetite; — a white, but not a dry tongue; — a slight cough; — heaviness of the head and eyes, with a continual drowsiness; — a constant distillation from the nose and eyes, and an effusion of tears, which is the most certain sign of the measles. — These symptoms are succeeded by a sneezing, a swelling of the eye lids, immedately preceding the eruption, a vomiting and a looseness, attended with green stools, especially in children whilst they are breeding teeth. The symptoms increase till the fourth day, at which time, and sometimes on the fifth day, little red spots, like flea bites, appear in the forehead and face, which growing more numerous and large, run together, and mark the face with large red spots, which are composed of small red pimples, rising a little higher than the skin, and may be felt by pressing them lightly with the finger, but can scarce be seen.

From the face, where only they first shew themselves, these spots extend to the breast and belly, and then to the thighs and legs; but in these parts they are large and red, and do not rise above the surface of the skin.

2. The symptoms do not abate upon the eruption in this disease, as in the small pox; the vomiting indeed does not continue afterwards, but the fever, cough, and difficulty of breathing increase, and the distillation from the eyes, the drowsiness and loss of appetite remain. On the sixth day, or about that time, the forehead and face grow rough, the eruptions begin to dry, and the skin separates; but in the other parts of the body the spots appear very large and red. About the eighth day they vanish in the face, and scarce appear in the rest of the body. On the ninth day they disappear entirely, and the face, limbs, and sometimes the whole body, seem covered with branny scales; but the cough, fever, and difficulty of breathing, grow worse. A hot regimen in grown persons makes the eruptions turn livid at first, and then black.

Take of the pectoral decoction, a pint and half; syrup of violets and maiden hair, each an ounce, and half; mix them together for an apozem, and let three or four ounces of it be taken three or four times a day.

Take of oil of sweet almonds, two ounces; syrup of violets and maiden hair, each an ounce; white sugar candy, enough to make them into a linctus, to be taken often in a small quantity, especially when the cough is troublesome.

Take of black cherry water, three ounces; syrup of white poppies, an ounce: mix them together for a draught, to be taken every night the distemper throughout; lessening or increasing the dose, according to the age of the patient.

3. The patient should lie in bed for the first two days after the eruption.

4. If

4. If a fever, a difficulty of breathing, and other symptoms resembling a peripneumony, succeed after the measles are gone off, bleed plentifully in the arm, and repeat the operation a second or third time, as there is occasion, interposing a proper interval between each: and continue the use of the pectoral decoction and linctus above prescribed, together with the oil of sweet almonds by itself. About the twelfth day from the beginning of the distemper give a gentle purge.

5. The looseness succeeding the measles is cured by bleeding.

Of the Small Pox.

1. THE small pox is of two kinds; either distinct, or confluent. The distinct kind begins with — chilness and shivering; — great heat; — a violent pain in the head and back; — vomitings; — a considerable tendency to sweat in grown persons, whence it may be conjectured, that the small pox will not prove of the confluent kind; — a pain under the *scrofulum cordis* upon pressing it with the hand; — drowsiness and *stupor* sometimes; — epileptic convulsions, especially in children, which happening after dentition, one may foretell that the small pox is just approaching; so that, for instance, supposing a child be seized with a convulsive fit over night, a kindly small pox will appear next morning, and very rarely of the confluent sort.

2. On the fourth day, inclusive from the beginning of the distemper, sometimes later, but seldom sooner, the eruptions come out, at which time the symptoms abate, or go off entirely. At first, reddish pustules as large as the head of a small pin, appear scattered up and down in the face, neck, breast, and the whole body, and at the same time a pain seizes the *fauces*, and increases proportionably as the eruptions fill.

3. About the eighth day, from the first seizure, the spaces between the pustules, that appeared white before,

begin to grow red, swell, and are painful ; the eye lids are distended so as to close the eyes, and resemble an inflated bladder. Next after the face, the hands and fingers swell, and the eruptions on the face, that till this day were smooth and red, now grow rough and whitish (which is the first sign of suppuration) and discharge a yellow matter, in colour not unlike a honey comb. The inflammation of the face and hands, being in the mean time come to its height, renders the spaces between the eruptions of a florid red colour, resembling that of damask roses : and the milder the small pox is, the nearer do the eruptions and their intermediate spaces approach this colour. The pustules on the face grow every day rougher and yellower, as they suppurate, while those of the hands and other parts appear smoother and whiter.

4. On the eleventh day, the swelling and inflammation of the face vanish, and the eruptions being come to their due maturity and size, equalling that of a large pea, dry and scale off. On the fourteenth or fifteenth day they disappear entirely, but those of the hands being more stubborn, and yet white and fresh, continue a day or two longer, after which they burst ; and those of the face and body scale off, and in the face are succeeded by pits or pock-marks.

5. The patient is either quite costive, or hath few stools throughout the whole course of the disease. Most of those whom this distemper kills, die on the eighth day in the distinct kind, and on the eleventh in the confluent : for when sweat is promoted in the distinct sort by cordials and a hot regimen, the face, which on the eighth day ought to swell, and be inflamed in the spaces between the eruptions, on the contrary appear whitish and sunk, whilst the pustules notwithstanding continue red and plump, even after the death of the patient. The sweat which flowed freely to this day ceases suddenly, and the patient in the mean time is seized with

a deli-

a delirium, restlessness, sickness, and frequency of making urine in small quantities, and in a few hours expires.

6. The confluent small pox is accompanied with the same symptoms, but they are more violent: the fever, for example, restlessness, sickness, and vomiting, &c. rage more severely, but there is less tendency to sweat than in the distinct kind. Sometimes a looseness precedes, and lasts a day or two after the eruption, which it scarce ever does in the distinct kind. The eruption, in this sort of small pox, happens on the third day, or earlier, but seldom later, and the sooner the pustules come out, the more they run together. Sometimes, however, the eruption is retarded to the fourth or fifth day by some violent symptom; as, for instance;—a sharp pain in the loins, resembling a fit of the stone;—in the side, like a pleurisy;—in the limbs, like a rheumatism; or—in the stomach, accompanied with great sickness and vomiting. The confluent sort differs from the distinct in this, that the symptoms do not abate immediately after the eruption, but the fever and its concomitants afflict the patient for several days afterwards. Sometimes the pustules come out like an erysipelas, and sometimes like the measles; but they may readily be known from both by the time of the eruption. In the progress of the disease, the pustules do not come to any considerable bigness, but run together in the face, and cover it like a red bladder, and make it swell sooner than in the distinct sort; at last they appear like a white pellicle, closely adhering to the face, and rising a little above the skin.

7. After the eighth day this pellicle grows every day rougher, and inclines to a brown colour; the skin is tenderer, and in the worst sort of the confluent small pox falls off in large scales, but not till after the twentieth day. It is worth observing, mean time, that the nearer the pustules, as they suppurate, incline to a dark brown

brown colour, so much the worse they are, and the longer in falling off; but the yellower they are, the less they run together, and the sooner they vanish.

8. When the pellicle first falls off, the face appears smooth, but it is soon succeeded by branny scales, of a very corrosive nature, which leave large pits and frequently seams behind them. Sometimes the skin of the back and shoulders scale off. The danger of the disease is to be estimated by the number of the eruptions on the face only. Those of the hands and feet are larger than those of the other parts, and the nearer they approach the trunk the less they are.

9. In grown persons a salivation, and in children a looseness (though not so certainly) accompanies the confluent kind. The salivation sometimes begins with the eruption, and sometimes not till two or three days afterwards. At first the matter is thin, but on the eleventh day it grows more viscous, and is raised with great difficulty. The patient is thirsty, and is seized with a hoarseness, great stupor and drowsiness, coughs between whiles as he drinks, and the liquor flies out at the nostrils. At this time the salivation generally stops, which, if it were not supplied by the swelling of the face, and the swelling of the hands, now manifestly beginning, and lasting longer than the former, would immediately destroy the patient. For though the swelling of the face, according to the nature of the disease, ought to abate a little on this day, yet it should not sink entirely till a day or two afterwards. The looseness does not attack children so soon as the salivation does grown persons.

10. In both the kinds of the small pox, the fever rages from the beginning of the illness to the time of the eruption, after which it abates till the suppuration begins, which being finished, it goes off. Wrong management occasions abundance of irregular symptoms, as a sinking of the pustules, a delirium, or coma, purple

purple spots between the eruptions, with small black spots on the top of them, deprest in the middle ; bloody urine, and spitting of blood in the beginning of the distemper, and a suppression of urine.

11. The separation is finished with a febrile ebullition, in the first three or four days, and the expulsion is formed during the rest of the time by means of small abscesses in the flesh.

12. In the mildest sort of the confluent small pox, the eleventh day, inclusive from the beginning of the illnes, is the most dangerous, the fourteenth in the middle sort, the seventeenth day in the worst kind : but sometimes the patient does not die before the twentieth day, which however very rarely happens. Moreover a very troublesome fit of restlessness comes on every day towards evening, from the eleventh to the seventeenth day.

13. Take away nine or ten ounces of blood upon any of the first three days, and afterwards give a vomit of an ounce, or an ounce and half of antimonial wine.

14. During the first stage of the distemper, that is, till the eruption be over, let the blood be diluted by drinking small beer often.

15. As soon as all the pustules are come out, which ordinarily happens on the sixth day from the beginning of the illnes, give an ounce of the syrup of white poppies every evening till the tenth day ; and that night, if the small pox be of the confluent kind, increase the dose to an ounce and half, and from this time forward give an ounce every morning, and an ounce and half at night, till the patient recovers.

16. If the syrup of poppies does not agree with the patient, liquid laudanum may be exhibited in its stead ; for instance, eighteen drops of it for an ounce of the syrup, and twenty-five drops for an ounce and half ; observing, in the mean time, if the opiate fails to quiet the tumult (as it frequently does at the declension of the most

most confluent small pox) to give it every eighth hour, or oftener, if there be occasion.

17. But in the distinct small pox the opiate need only be exhibited every night, after the eruption is over, and in a smaller dose likewise.

18. But of whatever kind the small pox be, and at whatever time of the disease it happens, if a *delirium* comes on, it is indispensably necessary to check the irregular motion of the spirits; and therefore, if the first opiate does not answer the end, it must be repeated till the disturbance be quieted, interposing such a space of time between every dose, that we may be assured whether the last hath been effectual for that purpose, before we exhibit another.

19. If a total suppression of urine happens, the patient must be taken out of bed, and walk a few turns about his room.

20. If the heat renders the *saliva* so viscous that it cannot be got up, the throat must be frequently syringed with a gargarism of small beer or barley water with honey of roses; or the following may be used for this purpose :

Take of elm bark, six drams; liquorice root, half an ounce; stoned raisins, twenty; red roses, two pugils; boil them together in a sufficient quantity of water to a pint and half; in the strained liquor dissolve simple oxymel and honey of roses, of each two ounces; mix them for a gargarism.

21. If there be occasion for a blistering plaster, apply a large strong one to the neck, on the evening preceding the great crisis of the disease, and immediately afterwards exhibit the opiate. Garlic may also be applied to the bottom of the feet, from the eighth day to the end of the distemper, and renewed every day.

22. If a child be seized on a sudden with convulsions after dentition, it may be considered that in all probability

lity they proceed from the effort of nature to expel the small pox, scarlet fever, or the measles to the outward parts ; and therefore let a blistering plaster be applied to the neck, and the child immediately put to bed, and a cordial also exhibited ; mix them with a small quantity of some opiate ; for instance, five drops of liquid laudanum, in a spoonful of plague water, to a child of three years of age.

23. If on the eleventh, or any succeeding day, the second fever, attended with restlessness, and the other symptoms of this kind, rises so high that it cannot be checked by opiates, though repeated with the greatest frequency, and even endangers life ; in this case, let a sufficient large quantity of blood, for instance, twelve ounces, or thereabouts, be immediately taken away, and the operation may be repeated a second or third time on the subsequent days, if the above-mentioned symptoms require it, but not otherwise. A lenient purgative may also be ordered on the thirteenth day, but not sooner, or any of the following days, provided bleeding hath been previously used ; for instance, an ounce of lenitive electuary, dissolved in four ounces of succory or milk water. But neither bleeding or purging obstruct the use of opiates, which, notwithstanding these evacuations, ought to be given in a large dose, and repeated according to the exigency of the case ; for we are always to have recourse to opiates in this disease.

24. When the pustules are quite dry, the face may be anointed with a liniment made of equal parts of oil of sweet almonds and pomatum, for two days, but not longer.

25. On the twenty-first day from the beginning of this distemper, take away some blood from the arm, and the next day give a purge, and repeat it every other day, to a fourth time.

26. As to the regimen, the patient should set up in the day time till the sixth day, and afterwards keep his bed

bed constantly till the seventeenth, but not have more cloaths laid on him than he was accustomed to when in health.

27. His diet should be water gruel, barley gruel, roast apples and small beer; and after the eleventh day he may drink four or five spoonfuls of canary, twice a day if he likes it.

28. If the swelling of the legs yields not to the above-mentioned evacuations, it may easily be removed with a fomentation made of the leaves of mallows, mullein, elder, and laurel, and the flowers of camomile and melilot boiled in milk.

29. If a spitting of blood, or bloody urine, happen in the first stage in the disease, let the powder and jalap, set down in my dissertation on the second fever in the confluent small pox, be carefully exhibited every sixth hour, till these symptoms entirely disappear: in this case opiates also may be given freely.

Of St. Vitus's Dance.

1. THIS disorder is a kind of convulsion, which seizes children of both sexes, from the tenth to the fourteenth year; it manifests itself by a halting, or unsteadiness of one of the legs, which the patient draws after him like an ideot. If the hand of the same side be applied to the breast, or any other part of the body, the child cannot keep it a moment in the same posture, but it will be drawn into a different one by a convulsion, notwithstanding all his efforts to the contrary. Before a child who hath this disorder can get a glass or cup to his mouth, he useth abundance of odd gestures; for he does not bring it in a strait line thereto, but his hand being drawn sideways by the spasm, he moves it backwards and forwards, till at length the glass accidentally coming nearer his lips, he throws the liquor hastily into his

his mouth, and swallows it greedily, as if he meant to divert the spectators.

2. Take away eight ounces of blood from the arm, or a quantity best adapted to the age of the patient.

3. The next day give him one half, or a little more, of my common purging potion, according to his age, and at night the following draught :

Take of black cherry water, an ounce ; compound piony water, three drams ; Venice treacle, a scruple ; liquid laudanum, eight drops ; mix them together for a draught.

Repeat the purgative thrice, once every other day, and give an opiate at night, after the operation.

4. Afterwards bleed again and purge, as before, and in this manner let bleeding and purging be repeated a third or fourth time ; allowing such intervals between the alternate evacuations, as to prevent all dangers therefrom.

5. On the intermediate days of purging, let the following remedies be used :

Take of the conserve of Roman wormwood and orange peel, each an ounce ; the conserve of rosemary, half an ounce, old Venice treacle, and candied nutmegs, each three drams ; candied ginger, a dram ; syrup of citron juice, enough to make them into an electuary, of which let the quantity of a nutmeg be taken every morning, and at five in the afternoon, drinking after it five spoonfuls of the following wine :

Take of the roots of piony, elecampane, masterwort and angelica, each an ounce ; the leaves of rue, sage, betony, germander, white borage, and the tops of the lesser centaury, each a handful ; juniper berries, six drams ; the peel of two oranges : these ingredients being sliced, cut, and bruised as they require, let them infuse, without heat, in six pints of canary ; strain it off only as it is used.

Take

Take of rue water four ounces; compound piony and briony water, each an ounce; syrup of piony, six drams; mix them together for a julap, four spoonfuls of which must be taken every night at bed-time, dropping into it eight drops of spirit of hartshorn.

6. Apply a plaster spread on leather, of the plaster of gum caranna, to the soles of the feet.

7. To prevent a relapse, open a vein, and purge for some days, about the same season of the following year wherein the disease first appeared.

8. It seems probable to me that this method might suit the falling sickness in grown persons, which, however, I have not yet experienced. But as St. Vitus's dance happens only to children, if this method be used in the epilepsy in grown persons, more blood must be taken away, and the purgative made stronger.

Of the Apoplexy.

1. AN apoplexy is a total deprivation of sense and motion, excepting that of respiration, which is performed with difficulty and snoring.

2. Take away twelve ounces of blood immediately from the arm, and afterwards eight from the jugular, and presently after exhibit a vomit of an ounce and a half, or two ounces of the antimonial wine.

3. Apply a large strong blistering plaster between the shoulders, and during this procedure let the patient sit upright in bed, and a vial of highly rectified spirit of sal-ammoniac be held to his nose.

4. As soon as the vomit has done working, give three or four spoonfuls of the following julap, repeating the dose at proper intervals :

Take of rue water, four ounces; compound briony and piony water, of each an ounce; spirit of hartshorn, twenty drops; fine sugar enough to sweeten it; mix the whole for a julap.

Or,

Or, a spoonful of the compound spirit of lavender may be given by itself twice or thrice during the fit, at an hour, or half an hour's distance between every dose.

5. Care must be had not to administer too hot cordials, nor to give them too often, as is commonly done; for whatever specific virtue they may seem to be possessed of, they do more mischief than good, as being apt to dissolve the juices, and consequently to increase the disease: which inconvenience is likewise occasioned by keeping the patient too warm.

6. After the fit is over, let the following medicines be used to prevent a relapse. Give two scruples of the greater pil. cochiæ made into pills, at four o'clock in the morning, so that the patient may sleep upon them, and repeat them every third day to a sixth time.

Take of the conserve of the flowers of sage and rosemary, each an ounce; the conserve of orange peel, six drams; candied nutmegs and candied ginger, each half an ounce; old Venice treacle, two drams; the powders for the electuaries of diambra and sweet musk, each a dram; syrup of candied citron, a sufficient quantity to make them into an electuary; of which let the quantity of a chesnut be taken morning and evening, drinking after it two spoonfuls of compound piony water.

Take of ambergrease, half a dram; the distilled oils of aniseed, cinnamon and nutmegs, each two drops; oil of cloves, one drop; fine sugar dissolved in the distilled water of orange flowers, four ounces; make them into troches, according to the rules of art: one of which may be taken at pleasure.

7. The patient should refrain from all kinds of spirituous liquors, and live upon water or barley gruel, chicken broth, and sometimes also upon chicken, lamb, and the like food of easy digestion, especially on those days he purges.

Of an Inflammation of the Eyes.

1. THIS disorder manifests itself by the inflammation of the part.

2. Take ten ounces of blood from the arm, and next day exhibit my common purging potion, which must be repeated a third time, interposing two days between every purge; and at night, after the operation is over, give a quieting draught of an ounce of syrup of white poppies.

3. On the intermediate days of purging, let him take four ounces of an emulsion made with the greater cold seeds, and white poppy seeds, three or four times a day.

4. After the first purge, let the following eye water be used:

Take of the distilled waters of plantain, roses, and frog spawn, each an ounce; prepared tutty, reduced to powder, a dram; mix them for an eye water, of which let a few drops be dropped into the eyes twice every day.

5. If the disorder yields not to these remedies, let bleeding be repeated once or twice more (especially if the blood resembles that taken away in a pleurisy) and purging likewise.

6. The patient should forbear wine, and all spirituous liquors, and all kind of food that is salt and hard of digestion, and on the intermediate days of purging, drink milk boiled with water.

7. It must be observed, that bleeding and purging, though repeated with the greatest frequency, often prove ineffectual in an inflammation of the eyes, in which case an ounce of the syrup of white poppies, administered every night, perfects the cure without any other helps from medicine.

Of the Bearing down of the Womb.

TAKE of oak bark, two ounces; boil it in two quarts of spring water to one, adding, towards the end of the operation, pomegranate bark, bruised, red rose leaves and balaustines, of each two handfuls; and lastly, half a pint of red wine: strain off the liquor for a fomentation, to be applied with flannels in the usual manner, every morning two hours before the patient gets up, and at night after she is in bed, till the disorder goes off entirely.

Of a Fit of the Stone in the Kidneys.

1. IT is accompanied with the following symptoms:—A fixed pain in the region of the loins;—bloody urine;—the voiding of a stone or gravel;—a numbness of the leg on the side affected;—the testicle of the same side drawn into the scrotum, and a nausea and vomiting. The colic is not much unlike a fit of the stone, though it manifestly differs from this disorder in some symptoms, which we have already enumerated in treating of the bilious colic. Page 273. vol. i.

2. If the patient be of a sanguine constitution, take away ten ounces of blood from the arm of the contrary side; then let a gallon of posset drink, wherein two ounces of marshmallows have been boiled, be drank as expeditiously as possible, and the following glyster injected:

Take of the roots of marshmallows and lilies, each an ounce; the leaves of mallows, pellitory, bear's breech, and camomile flowers, of each a handful; linseed and fenugreek seed, each half an ounce; boil them in enough spring water to leave a pint and a half of strained liquor for a glyster.

3. When the posset drink is thrown up, and the glyster comes away, give a sufficiently large dose of liquid laudanum, for instance, twenty-five drops, or fifteen or sixteen grains of *Matthew's* pill.

4. But in persons in years, and such as are much weakened by a long continuance of the disease, and likewise in aged women that are subject to the vapours, bleeding is to be omitted, especially if they part with black sandy urine in the beginning of the fit, but in all other respects the above-mentioned method is to be followed.

Of bloody Urine from the Stone in the Kidneys.

1. THE patient should take weekly, on a set day, two ounces and a half of manna dissolved in a quart of whey.

2. It is proper sometimes to drink a large draught of small beer.

3. If there be a large stone in the kidneys, a heavy dull pain, easily bearable, is felt, which increases not at all, nor is accompanied with a nephritic paroxysm.

4. The patient cannot safely enter upon a course of steel waters, without being first well assured that the stone is not too large to pass the ureters, which can only certainly be learnt from his having had a fit of the stone before, attended with a very severe pain in one kidney, extending through the whole duct of the ureters, and excessive vomiting, in which case we may be certain there is no large stone, but rather a number of small ones, one of which will fall from time to time into the ureters, and so cause a fit, which seldom terminates, till the stone is produced into the bladder. Now in this case there is not a more efficacious remedy than a course of steel waters. But if the patient hath never had a nephritic fit, by reason of the stone being too large to pass the pelvis, these waters must be refrained.

Of the Dysentery, Looseness, and Tenesmus.

1. THE dysentery or bloody flux begins with a chil-ness and shaking, succeeded—by a heat of the whole body, and soon after—by gripes, and these—by frequent mucous stools, accompanied with violent pain, and a painful descent as it were of the bowels at every stool, but sometimes an excrementitious stool intervenes;—the stools are ordinarily streaked with blood, but sometimes not the least blood is mixed with them throughout the whole course of the disease;—pure blood is sometimes voided in the course of the distemper, and the bowels are affected with an incurable gangrene;—if the patient be in the prime of life, or has been heated by cardiacs, a high fever rises, and the tongue is covered with a thick white mucus, and sometimes is dry and black;—a loss of strength and spirits is joined with the fever, and the inward parts of the mouth and throat are affected with aphthæ, especially if the evacuation of the peccant matter hath been injudiciously checked by astringents, without having been first carried off by purgatives. Sometimes the dysentery is unattended with the fever, and begins with gripings, which are succeeded with the other symptoms of this disorder.

2. In a looseness, excrementitious humours are mixed with blood, and there is no ulceration of the bowels.

3. In a tenesmus there is a continual inclination to go to stool, yet nothing is voided but a bloody or purulent mucous matter.

4. Bleed immediately in the arm, and the same even-ing give an opiate, and next morning my common purging potion, and repeat it twice more, allowing a day between each purgation, and exhibit an opiate also after every purge, as soon as the operation is over but on the intermediate days of purging give it morn-ing and night.

E e 3

5. After

5. After bleeding and purging once, let the following cardiac be taken throughout the whole course of the disease :

Take of the distilled water of black cherries and strawberries, of each three ounces; plague water, compound scordium water, and small cinnamon water, of each an ounce; prepared pearl, one dram and a half; fine sugar enough to sweeten the whole, and half an ounce of rose water, to give it an agreeable taste; make a julap, of which let the patient take four or five spoonfuls when faint, or at pleasure.

6. The patient's common drink should be milk boiled with thrice the quantity of water, or the white decoction made as follows :

Take of burnt hartshorn, and the crumb of white bread, of each two ounces; boil them in three pints of water to a quart, and afterwards sweeten the liquor with a sufficient proportion of fine sugar.

7. Or if great weakness should require it,

Take of spring water, a quart; canary, half a pint; boil them together a few minutes, and then let it be drank cold for common drink.

8. When the patient hath been purged thrice, the cure depends entirely on exhibiting laudanum twice or thrice a day, only a glyster made of half a pint of milk and an ounce and a half of Venice treacle, should be given now and then; it being an excellent remedy in all kinds of loosenesses.

9. When the flux amounts to no more than a looseness, omit the bleeding and purging above prescribed, and give the following bolus every morning :

Take of rhubarb half a dram (more or less in proportion to the strength of the patient) diascordium enough to make it into a bolus; to which add two drops of the oil of cinnamon.

10. In the evening, after the operation is over, administer an opiate.

Take of small cinnamon water, an ounce; liquid laudanum fourteen drops; mix them for a draught.

11. The dry gripes are cured by diluting with cold whey, and giving glysters of the same warm, in the same manner as we directed to be done in the cholera morbus, with chicken broth, or posset drink.

12. If this disease proves of long standing, so as to be totally fixed in the rectum, and attended with a continual inclination to go to stool, a restorative diet must be ordered, and some cordial liquor taken at pleasure to recruit the strength, and the tenesmus will go off spontaneously, as the strength returns.

13. If the dysentery has been ill treated, it sometimes afflicts the patient for some years, in which case repeated bleeding will restore him to his former health.

14. It is to be observed, that in those constitutions of the air which have a less tendency to promote this disease, omitting the evacuations above specified, it may be cured with laudanum only, which is to be repeated morning and night, or even thrice a day, if there be occasion, till the symptoms totally vanish.

Of the Biliary Colic.

1. IT is a violent pain of the bowels, which begins with a fever that lasts a few hours, and terminates in this disease, wherein—the bowels seem to be tied together, or pursed up, and perforated, as it were, with some sharp-pointed instrument, and the pain abates between whiles and soon comes on again;—in the beginning the pain is not so certainly fixed in one place, nor the vomiting so frequent, and the belly yields with less difficulty to purgatives;—but the more the pain increases, the more obstinately it fixes in one place;—

the vomiting returns oftener, and the belly is more costive, the disorder at last degenerating into an iliac passion.

2. It is distinguished from a fit of the stone by the following signs:—In the stone the pain is fixed in the kidneys, and extends from thence along the ureter to the testicle, whereas in the colic it shifts, and straitens the belly as if it was bound with a girdle;—in the colic the pain increases after eating, but in the stone it rather abates;—the colic is more relieved by vomiting and purging than the stone;—in the stone the urine is at first clear and thin, but afterwards lets fall a sediment, and at length gravel and stones are voided therewith, whereas in the colic the urine is turbid from the beginning.

3. Bleed plentifully in the arm, and after three or four hours give an opiate; next day exhibit a lenient cathartic, and repeat it a third time, allowing a day between each time of taking it.

4. But if this disorder proceeds from a surfeit of fruit, or any other aliment, the stomach must first be well cleansed by drinking a large quantity of posset drink, and after it is thrown up administering an opiate. Next day recourse must be had to bleeding, and afterwards the process above delivered is to be followed in the manner there prescribed.

5. When this disease, by reason of wrong management, proves of long standing, and brings the patient to the brink of the grave, plague water, aqua mirabilis, or any other cordial he liked best when in health, drank plentifully, gives surprising relief.

Of the Cholera Morbus.

1. THIS disease prevails only in *August* and seldom reaches to the first week of *September*. The disorder occasioned by a surfeit, which happens at any time of the

the year, curable by the same method, is notwithstanding of a very different kind. The cholera morbus hath the following symptoms:—Immoderate vomiting, and a discharge of vitiated humours downwards, with great pain and difficulty;—a violent pain and swelling of the abdomen and bowels;—heartburn;—thirst;—a quick, small, and irregular pulse;—heat and restlessness;—great nausea;—sweating;—contractions of the limbs;—fainting;—coldness of the extremities, and the like symptoms, which destroy the patient in the space of twenty-four hours.

2. Let a chicken be boiled in about three gallons of water, so that the liquor may scarce taste of flesh. The patient must drink several large draughts of this weak broth warm, or for want of it of posset drink, and at the same time glysters of it are to be given successively. An ounce of the syrup of lettuce, purslain or water-lily may be now and then added to the draughts, and glysters.

3. When the busines of cleansing the stomach and bowels is over, which requires three or four hours, an opiate completes the cure.

4. But if the physician be not called, till the patient be exhausted by the continuance of the vomiting and purging for several hours, and the extremities are grown cold, he must immediately have recourse to liquid laudanum, and give a large dose of it; for instance, twenty five drops in an ounce of strong cinnamon water, and repeat the laudanum daily, morning and night, but in a less dose, even after the symptoms are gone off, till the patient recovers.

5. There is a kind of cholera morbus, occasioned by dentition, or a surfeit, which frequently attacks children, and often destroys them.

6. And, as by reason of their tender age children cannot bear to have their stomachs cleansed with large quantities of liquor, and much less the raising a greater distur-

disturbance in the humours by purgation, the cure is therefore to be attempted only by laudanum. For this purpose give three, four, or more drops thereof, in proportion to the age of the child, in a spoonful of small beer, or some proper distilled water, and repeat it as there is occasion.

Of the Colic of the People of Poictiers.

1. THIS is a kind of colic which ordinarily degenerates into a palsy, and a total loss of the motion of the hands and feet. *Riverius* describes it under this* name. It is a common disorder in the *Carribbee* islands, where it seizes abundance of persons.

2. This most severe pain is cured by giving balsam of *Peru* often in a large dose; for instance, twenty, thirty, or forty drops, in a spoonful of fine sugar, twice or thrice a day; but the palsy yields not to this remedy.

Of the Iliac Paffion.

1. IN this disorder the peristaltic motion of the bowels is inverted;—cathartics and glysters soon become emetic, and the excrements are vomited up.

2. Take away nine or ten ounces of blood from the right arm, and a few hours afterwards give the following powder:

Take of the resin of scammony, or, for want of it, of jalap, twelve grains; calomel, a scruple; mix them together for a powder, to be taken in a spoonful of milk, drinking a spoonful or two of milk after it.

3. Or if pills are more agreeable,

Take of the pills of two principal ingredients, half a dram; calomel, a scruple; balsam of Peru enough to make

* Vid. Op. *River.* cap. de Paralyſi.

them

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them into four pills, to be taken in a spoonful of syrup
of violets.

4. If these pills be thrown up, exhibit twenty-five drops of laudanum immediately in a spoonful of strong cinnamon water; and the vomiting and pain being abated hereby, repeat the purgative; but if the vomiting and pain return, after the virtue of the opiate is gone off, and the purgative still lodges in the body, we must return to the opiate again, and repeat it every fourth or sixth hour, till the bowels be made perfectly easy, when the purgative will operate in its usual manner.

5. It is also proper to give a strong purging glyster an hour or two after bleeding; as for instance, the smoak of tobacco forced up through a bladder into the bowels by an inverted pipe, and this may be repeated in a few hours, unless a passage downwards be sooner opened.

6. As soon as the purgative hath done working, exhibit the following draught:

Take of strong cinnamon water, an ounce; liquid laudanum, twenty-five drops; mix them together for a draught.

This draught must be repeated twice or thrice, or often in a day, till the vomiting and pain are quite gone off; and in order to complete the cure, it is proper, even after this, to give the same opiate in a less dose every night at bed time for some time.

Of the immoderate Flux of the Menses.

1. THE menstrual discharge in its natural state is esteemed to fill the shell of a goose's egg: it is known to be immoderate by—the difficulty of bearing it;—loss of strength and appetite;—cachexy;—fallow complexion, and—swelling of the feet.

2. Take

2. Take away eight ounces of blood from the arm, and next morning give my common purging potion, and repeat it every other day to a third time, exhibiting a dose of syrup of white poppies at night after the operation.

3. On the intermediate days of purging, let the following remedies be used :

Take of the conserve of dried roses, two ounces; troches of Lemnian earth, a dram and a half; pomegranate bark, red coral prepared, and Armenian bole, of each two scruples; blood stone and dragon's blood, each a scruple; syrup of quinces, a sufficient proportion to make the whole into an electuary; of which let the quantity of a large nutmeg be taken every morning, and at five in the afternoon, drinking six spoonfuls of the following julap upon it:

Take of the distilled waters of oak buds and plantain, each three ounces; small cinnamon water and syrup of roses, each an ounce; spirit of vitriol, as much as will make it agreeably tart.

Take of the leaves of plantain and nettles, each a sufficient quantity; bruise them well together in a marble mortar, and press out the juice, and lastly clarify it: let four spoonfuls of it be taken often; or at pleasure.

4. After the first purge apply the following plaster to the region of the loins :

Take of the red lead plaster and rupture plaster, each equal parts; melt them down together, and spread the mass upon leather.

Of the hysterick Colic.

1. IT is a kind of hysterick complaint, or rather a remarkable and common symptom of the hysterick passion, accompanied with a very violent pain of the parts near the scrobiculum cordis, and likewise with a discharge of green humours upwards.

2. The

2. The patient must drink a large quantity of posset drink, for instance, a gallon and a half, and throw it up again, that the abundance of vitiated humours lodged in the stomach may not hinder the effect of the quieting medicine; and after the affair of vomiting is over, give twenty-five drops of liquid laudanum, in an ounce of strong cinnamon water, plague water, or any other suitable vehicle.

3. With respect to the use of the opiate, let it be observed, that it must be repeated till the symptoms go off entirely, allowing a proper interval between every dose; so that we may conjecture what effect the last hath had before we exhibit another.

4. If the patient be of a sanguine constitution, or hath been a little afflicted with this disorder formerly, and not weakened thereby, bleeding in the arm should precede the vomit prescribed. The clavus hystericus yields likewise to the same treatment.

5. But if the hysterick colic hath continued long, and attacked by fits, it is proper in this case to use the following medicines in the intervals of the fits:

Take of zedoary in fine powder, a dram; syrup of candied citron, enough to make it into a bolus; to be taken morning and night for thirty days, with the following infusion after it:

Take of zedoary thinly sliced, half an ounce; canary, four ounces; digest them together for twelve hours, without heat, then strain off the tincture.

Or balsam of Peru may be used, as is directed in the colic of the natives of Poictiers.

6. It must be carefully noted, that what is here said of the hysterick colic, is to be applied to the hypochondriac colic likewise: the nature of both these disorders should seem to require a trial to be made of several medicines, till at length we hit upon one, in a manner

manner naturally curative of this disease; though, in general, steel is most serviceable here.

7. The hysterick colic, both in hysterick and hypochondriac subjects, often terminates in a jaundice, which goes off by degrees spontaneously; but if it continues long, let the following apozem be exhibited:

Take of the roots of madder and turmeric, each an ounce; the roots, together with the leaves of the greater celandine, and the tops of the lesser centaury, each a handful; boil them together in equal quantities of Rheinish wine and spring water, to a quart; and to the strained liquor add two ounces of the syrup of the five opening roots: mix them together for an apozem, of which let half a pint be taken warm every morning and night, till the cure be finished.

Of that Kind of Jaundice which does not succeed the Colic.

1. THIS disorder manifests itself by the following signs; — a yellowness of the whole body, most visible in the whites of the eyes; — a seeming yellowness of all objects; — itching; — heaviness; — lassitude; — bitterness of tongue; — bilious vomiting sometimes; — a hiccup; — white excrements; — the urine of a saffron colour, and staining linen dipt therein yellow.

2. Exhibit my common purging draught, and then let the patient begin the following course of medicine, and, during the continuance thereof, take the purging draught every fourth day.

Take of the conserve of Roman worm wood and orange peel, each an ounce; candied angelica and nutmegs, the compound powder of wake robin, and steel prepared with vinegar, each half an ounce; extract of the lesser centaury and gentian root, and cream of tartar, of each two drams; saffron in powder, half a dram; syrup of the

the five opening roots, enough to make the whole into an electuary, of which the quantity of a nutmeg is to be taken every morning, and at five in the afternoon, drinking after the morning dose two quarts of the purging mineral waters, and after the dose in the afternoon, half a pint of the apozem set down under the article of the hysterick cholic.—Pag. 446.

Or instead of this electuary the patient may take steel pills.

3. But if the signs of a dropfy appear, the apozem must be taken morning and night.

4. If, notwithstanding the long continuance of this proceſs, the disease yields little or not at all, the patient should be ſent to drink the ſteel waters at the well head.

Of preventing Miscarriage.

FOR this purpose the ſame medicines are to be preſcribed as in the immoderate flux of the menfes, only omitting purgation, and the juices of the herbs.

Of the immoderate Flux of the Lochia.

1. TO conſtitute a natural flux of the lochia three things are required: A copious diſcharge of pure blood for the firſt three days; then of watery blood (like water in which raw flesh has been washed) for about four days more; afterwards a viscous, mucilaginous matter mixed with little or no blood, for the five or ſix imme‐diately following days, and thence to the end of the month.

2. An immoderate flux of the lochia is known by a loss of strength;—fainting;—the coming away of clotted blood;—loss of appetite;—pain in the hypochondria;—a ſwelling of the abdomen;—a weak and quick pulse;—dimneſs of ſight;—noiſe in the ears, and convulſions.

3. An

3. An incrassating diet is to be directed, along with the following binding decoction :

Take of plantain water and red wine, each a pint; boil them together to the consumption of a third part, and then sweeten it with fine sugar: let half a pint of it be taken twice or thrice a day.

4. In the mean time exhibit some weak hysterical julap, and let the following composition, or a small vial of spirit of sal ammoniac, be often held to the nose :

Take of galbanum and asa foetida, each two drams; castor, a dram and a half; volatile salt of amber, half a dram: mix them together for a nodule.

Of the Suppression of the Lochia.

1. THIS disorder is accompanied with a swelling of the belly;—a dull pain of the abdomen, loins, and groin;—redness of the face;—difficult respiration;—a wild look;—shivering;—an acute fever;—cold sweats;—fainting;—pulsation and heat in the womb;—a palsy of the lower parts, and sometimes an epilepsy.

2. The patient should be put to bed forthwith and an hysterical plaster applied to her navel, and immediately begin to take the following medicines :

Take of the conserves of Roman wormwood and rue, each an ounce; the troches of myrrh, two drams; castor, saffron, volatile sal ammoniac, and asa foetida, of each half a dram; mix them all together, and make an electuary thereof with a sufficient quantity of the syrup of the five opening roots; let the patient take the quantity of a nutmeg of it every four hours, drinking after it four or five spoonfuls of the following julap:

Take of the distilled water of rue, four ounces; compound briony water, two ounces; fine sugar enough to sweeten it, and make a julap.

Or let her take a scruple of the troches of myrrh every four hours.

3. If after having taken these medicines in the quantity here ordered, the lochia still continue suppressed, exhibit, only once, fourteen drops of liquid laudanum, in a small quantity of compound briony water, or a grain and half of solid laudanum, and half a scruple of asa foetida, made up into two pills.

4. And these not availing, give only a single glyster of milk and sugar.

Of the Dropsy.

1. ONE of the first signs of the dropsy is, the pitting of the leg when the finger is pressed against it, which is most apparent at night, but disappears in the morning, especially if the swelling of the legs be accompanied with a difficulty of breathing; though pregnant women, and those that labour under a suppression of the menses, and men that are suddenly freed from an inveterate asthma, often have swellings of a like kind. When the feet, legs, and thighs have received as much water as they can hold, it flows into the abdomen, and by degrees stretches it as tight as its coat will bear, till, falling at length upon the vital and noble parts, the patient is destroyed by a kind of deluge. In the same degree that the swelling of the parts affected increases, the other parts waste away, and at the same time a difficulty of breathing, the making little urine, and great thirst, accompany the distemper. The dropsy chiefly attacks men in years, and women after they are past bearing children.

2: The curative indications are, (1.) to evacuate the water, and (2.) to strengthen the blood, so as to prevent a fresh drain of water into the parts affected.

Take of white wine, four ounces; jalap in fine powder, a dram; powdered ginger, half a scruple; syrup of buckthorn, one ounce; mix them all together for a draught,

draught, to be taken early in the morning, and repeated every day, or every other day, as the strength will bear, till the swelling of the parts affected vanishes.

Or, *Take of tamarinds, half an ounce; the leaves of sena, two drams; rhubarb, a dram and half; boil them together in a sufficient quantity of spring water, so as to leave three ounces of strained liquor, in which dissolve manna, and solutive syrup of roses, of each an ounce; syrup of buckthorn, half an ounce; and of the electuary of the juice of roses, three drams; mix them together for a draught, to be taken as the former.*

Or, *Take of the pills of two principal ingredients, a scruple; elaterium, three grains; make them into three pills, to be taken early in the morning, and repeated as there is occasion.*

Or, *Take of gamboge, fifteen grains; white wine and the distilled water of succory, of each an ounce and half; syrup of buckthorn, half an ounce; mix them together for a draught, to be taken as above directed.*

Or, *Take of the inner bark of elder, three handfuls; boil it in a quart of milk and water equally mixed, to a pint, then strain it off; half of it to be drank every morning and the remainder at night, till the patient recovers.*

But this medicine is serviceable only in such subjects as are easily purged.

3. With respect to purging in this disease, the three following cautions are to be observed :

4. (1.) It must be inquired, whether the patient is easy or hard to purge; because in the former case an ounce of syrup of buckthorn, given by itself, will evacuate a sufficient quantity of water; whereas in the latter case, the purgatives above set down, though of the strongest kind, will hardly answer the end.

5. (2.) All mild purgatives do more mischief than good, for which reason rough purging is preferable to weak.

6. (3.) The water should be carried off as speedily

as the strength will permit, left by purging only at distant intervals we allow time for a fresh collection thereof.

7. But there are some cases, where all kinds of purgatives must be forborn; thus, for instance, in weak habits and hysterick women, the evacuation of the water is only to be attempted by diuretics, the most efficacious of which are prepared from lixivial salts.

Take of broom ashes, a pound; digest them without heat in two quarts of Rhenish wine; and take three ounces of the filtered liquor every morning, and at five in the afternoon, till the water be carried off.

8. When the water is carried off, heating and strengthening medicines are to be used.

Take of horseradish root, the leaves of common wormwood, scurvy grass and sage, and the tops of the lesser centaury and broom, of each a sufficient quantity; infuse them in strong beer, and use it for common drink.

This medicated beer does sometimes cure a recent dropsy without the assistance of purgatives; but instead of it the following medicines may be taken:

Take of the conserves of Roman wormwood and scurvy grass, each one ounce; the extract of gentian, common wormwood and the lesser centaury, of each three drams; syrup of citron peel, enough to make the whole into an electuary, of which the quantity of a nutmeg is to be taken every morning, at five in the afternoon, and at night, drinking after it four ounces of the following infusion:

Take of the gentian root, the tops of broom, the lesser centaury, and common wormwood, each an handful; the seeds of fennel and parsley, each two drams; slice and bruise the ingredients, and pour upon them two quarts of Rhenish wine, and let them stand together to infuse without heat, and the liquor be strained off only when wanted.

9. It is to be noted, that purgatives must absolutely be forborn during the use of strengthening medicines, and likewise whilst we exhibit lixivial salts, with which, however, strengthening medicines may be commodiously given.

Take of horseradish roots, three ounces; the leaves of scurvy grass, common wormwood and sage, and the tops of the lesser centaury and broom, of each three handfuls; three Seville oranges; infuse all together in six gallons of ale made without hops, whilst it is working, and let it be used for common drink.

Of a Gonorrhœa Virulenta, or Venereal Running.

1. THIS disorder begins with an uncommon pain in the parts of generation, and a kind of rotation of the testicles; and in such as have not been circumcised, a spot not unlike the measles appears upon the glans, soon after which a fluid resembling semen flows therefrom, which changes every day both in colour and consistence, and at length turns yellow, but paler than the yolk of an egg; and when this disease is more virulent, and degenerated into the pox, this matter becomes green, and is mixed with a watery humour, streaked with blood. The pustule upon the glans terminates at length in an ulcer, resembling the *aphthæ* in the mouths of children, and spreads and eats deeper every day, and the lips grow callous. Those that have undergone circumcision, or have the glans bare, have no ulcer in this part, but only the gonorrhœa. The running is soon succeeded by a pain in the penis at every erection, as if it were violently squeezed with the hand, which symptom happens chiefly in the night when the patient grows warm in bed. The penis is bent by the contraction of the frænum, and with these symptoms are joined a heat of urine, scarce felt at the time of making, but immediately afterwards the patient

tient is sensible of a burning heat all along the duct of the urethra, and especially at its termination in the glans. Sometimes caruncles prevent the exclusion of the urine, and sometimes a pain and inflammation of the scrotum succeed.

2. Let four of the following pills be taken every morning till the heat of urine be much abated, and the running grown considerably paler, or whitish; then every other day for a fortnight, and at last twice a week, till the running ceases:

Take of the greater pill called cochia, three drams; the extract of ruidius, a dram; resin of jalap, and scammony, each half a dram; opobalsamum, enough to make them into a mass; every dram whereof is to be made into six pills.

3. Those that are hard to purge may take my purging potion now and then between the pills, to which may be added syrup of buckthorn, and the electuary of the juice of roses, of each two drams; or if the cure goes on slowly, eight grains of turbith mineral may be given twice or thrice, interposing four days between each dose; or, instead of it, the following:

Take of the pills of two principal ingredients, half a dram; sweet mercury, a scruple; opobalsamum, enough to make them into four pills, to be taken early in the morning.

4. If the patient has an aversion to this method of purgation, after having taken the pills above prescribed for three mornings running, let the following glyster be given every morning, and at five in the afternoon; only once or twice a week administer a purgative, and omit the glyster:

Take of the electuary of the juice of roses, six drams; Venice turpentine, dissolved with enough yolk of egg, half an ounce; dissolve them in a pint of barley water, and

add two ounces of syrup of violets to the strained liquor : mix the whole for a glyster.

5. Exhibit twenty-five drops of opobalsamum, or balm of Mecca, dropt upon a lump of fine sugar, every night ; or, instead of it, the quantity of a hazle nut of Cyprus turpentine. His common drink should be milk boiled with thrice as much water, and small beer at meals.

6. Or you may proceed in this manner :

Take of the pill of two principal ingredients, half a dram ; opobalsamum, three drops ; make them into three pills, to be taken at four in the morning, sleeping upon them, and let them be repeated every other, or every third day.

7. On the intermediate days of purging, give the glyster above prescribed, in the morning, and at five in the afternoon.

8. Whatever method of cure be used, the patient must be blooded once or twice towards the middle of the course ; and a cooling or thickening diet ordered, along with medicines of the same kind ; as milk and water, emulsions of the four greater cold seeds, and the like.

9. If the penis be swelled,

Take of the roots of marshmallows and white lilies, each an ounce and half ; the leaves of malloves, mullein, elder, and henbane, and the flowers of camomile and melilot, of each an handful ; the seeds of flax and fenugreek, each half an ounce ; boil them together in a sufficient quantity of spring water for a fomentation, to be applied to the part affected for the space of an hour, twice or thrice a day.

After fomenting the part, let it be anointed with fresh linseed oil, and then apply the mucilage plaster, spread on leather, to the swelled lips of the prepuce.

10. But

10. But if the lips of the prepuce, or glans, be ulcerated, have recourse to the following liniment:

Take of the ointment basilicon, six drams; the ointment of tobacco, two drams; red precipitate (washed in rose water and levigated) half a dram; mix them together for a liniment, to be applied upon lint to the ulcer, after using the fomentation above set down.

11. If the scrotum be swelled, take away blood from the arm immediately, and apply the above-mentioned fomentation twice a day to the part affected, adding a spoonful or two of spirit of wine to it, every time it is used; or instead of it, use a cataplasm made of oxycrate and bean meal.

12. In the mean time the purgatives and coolers, above enumerated, must be given inwardly.

Of the Venereal Disease.

1. WHEN the blood is tainted by the long continuance of a gonorrhœa, or the unadvised use of astringents, the true pox appears, which is attended with buboes in the groin; — pains in the head, and limbs between the joints, which chiefly come in the night, after the patient is warm in bed; — yellow scabs also, and scurf in different parts of the body, which resemble an honey comb, and the more they spread, the less pain the patient feels; — exostoses in the cranium, legs, and arms; — inflammation and caries of the bones; — phagedenic ulcers in various parts of the body, which generally seize the throat first, and eat by degrees through the palate, to the cartilage or bridge of the nose, which they soon consume, so that the nose, for want of its support, falls flat; — the ulcers, caries, and pains increasing every day, the limbs rot away piecemeal, and the mangled carcase,

carcase, being at length grown hateful to the living, is buried in the earth :

Take of hog's lard, two ounces; quicksilver, an ounce; mix them together according to the rules of art, for a liniment, to be divided into three equal parts, with one of which the patient is to anoint his arms, thighs, and legs, with his own hand, for three nights running.

2. If the salivation rises not in three days after the last unction, eight grains of turbith mineral may be given in a little conserve of red roses, or in weak habits a scruple of sweet mercury. If the salivation abates before the symptoms are quite gone off, it must be increased by exhibiting now and then a dose of sweet mercury occasionally.

3. The salivation should be so regulated, that the patient may spit about two quarts in twenty-four hours.

4. If it rises too high, and is accompanied with great inflammation, and other symptoms of a like kind, it must be lowered to a proper degree by purgatives.

5. As soon as the symptoms are gone off, the patient's linen should be changed for what has been worn since it was washed.

6. If a looseness succeeds, as it generally does soon after the salivation rises, it must be stopt by administering laudanum; increasing and repeating the dose, till it hath produced the desired effect.

7. If the mouth be ulcerated, it must be gargarized or washed with rose water, milk and water, or the following gargarism :

Take of the roots of marshmallows, and pearl barley, of each an ounce; quince seeds, half an ounce; boil them together in enough spring water to a quart, for a gargarism, to be frequently used.

8. The same regimen and diet are to be ordered in a salivation as are used in a course of purging; only the patient may live upon posset drink, water gruel, barley gruel, and warm small beer, for a few days in the beginning of the course.

9. The course being duly finished, though the symptoms should seem gone off, and the distemper consequently cured, yet, in order to prevent a relapse, the patient should take a scruple of sweet mercury once a week, for a month, or six weeks, though he appears to be perfectly well, and goes abroad.

Of the Fluor Albus.

1. THE flux in this disorder is sometimes white, sometimes pale, yellow, green, or blackish, sometimes sharp and corroding, and sometimes of a pungent ill smell. It is accompanied with a paleness of the face, a pain in the back bone, loss of appetite, and a swelling of the eyes and legs. A piece of linen dipt in the discharge, and dried, shews the nature of it.

2. Take away eight ounces of blood from the arm, and next morning at four o'clock let the following pills be taken, sleeping upon them; and repeat them twice more, allowing a day or two between every dose, according to the strength of the patient:

Take of the greater pil. cochiae, two scruples; castor, two grains; balsam of Peru, three drops; make them into four pills.

Take of the distilled water of rue, four ounces; compound briony water, two ounces; fine sugar enough to sweeten them, and make a julap, of which let the patient take three or four spoonfuls, whenever she is faint.

Take of Venice treacle, an ounce and half; conserve of orange peel, an ounce; diascordium, half an ounce; candied ginger and nutmeg, each three drams; compound powder of crab claws, a dram and half; the outward

outward bark of pomegranate, Spanish angelica root, red coral prepared, and the troches of Lemnian earth, of each a dram; Armenian bole, two scruples; gum arabic, half a dram; syrup of dried roses, a sufficient quantity to make them into an electuary; of which let the patient take the quantity of a large nutmeg, every morning, at five in the afternoon, and at bed time, for the space of a month, drinking after it six spoonfuls of the following infusion:

Take of the roots of elecampane, masterwort, angelica, and sweet cane, each half an ounce; the leaves of Roman wormwood, white horehound, and lesser centaury, common calamint, and dried sage, of each an handful; juniper berries, an ounce; slice and bruise these ingredients, then pour upon them two quarts of canary, and let them stand together to infuse without heat, and strain the liquor off as it is used.

3. The patient ought to live upon food of easy digestion, forbear all kinds of greens and fruit, and drink canary at meals.

Of a Diabetes.

1. IN this distemper the juices carried into the blood, being crude and indigested, pass off by urine, which by degrees impairs the strength, and wastes the body; the substance of which is in a manner drained through this strainer: it is accompanied also with thirst, heat of the viscera, a swelling of the loins and hips, and a frequent sputation of a frothy saliva.

2. The same medicines are to be prescribed in this case as in the *fluor albus*, except bleeding and purging.

Of the Piles.

1. THEY occasion violent pain in going to stool, and the outside of the excrements appears streaked with blood:

blood: they are small tumours like warts, which sometimes lie concealed in the sphincter, and sometimes appear outwardly in the anus.

2. Take away ten ounces of blood from the right arm.

Take of melon and pumpkin seeds, each half an ounce; white poppy seeds, two drams; five blanched sweet almonds; beat them together in a marble mortar, and pour on, by degrees, a pint and half of barley water; to the strained liquor add two drams of rose water, and enough sugar to sweeten it. Let three ounces of this emulsion be taken often.

Take of the flower of sulphur, liquorice powder, and sage reduced to powder, of each a dram; Locatellus's balsam, enough to bring them into a mass for pills; and make six pills of a dram, three of which must be taken three times a day, drinking after them six spoonfuls of the emulsion above prescribed.

3. Apply a piece of linen dipt in the following mixture to the part affected, or if the tumour be internal, throw up three spoonfuls of it into the anus with a syringe:

Take of the distilled water of frog spaw, four ounces; dissolve therein two drams of litharge, and a scruple of opium, and make a mixture.

4. The patient should use milk, boiled with thrice as much water, for his common drink, forbear flesh, and take a dose of syrup of white poppies every night.

Of the immoderate Bleeding of the Piles.

1. THIS disorder manifests itself, by the loss of strength; — the large quantity of blood voided, and the long continuance of the flux; — the ill colour of the skin, which looks yellowish, as in the jaundice;

dice; and these symptoms are succeeded by — a cachexy; and — afterwards a dropsey.

2. The same medicines may be advantageously used in this case as in the immoderate flux of the menses, purging only excepted.

Of the Epilepsy, or Falling Sickness in Children.

1. CHILDREN are seized with this disorder, either in the first month after a looseness, in which case a few grains of diascordium, dissolved in the distilled water of saxifrage, or the mother's milk, is an excellent remedy: or it attacks them about the time of dentition, from the seventh to the tenth month, and is attended with a cough, or, which is much worse, a vomiting and looseness, with green stools, as is usual in hysterick cases.

2. Sometimes the fit comes suddenly, distorting the mouth and eyes, causing the face to turn black, and convulsing the limbs. Sometimes the fit is known to be coming by an involuntary contraction of the finger into the palm of the hand, and an uncommon fixedness of the eyes. The fits are sometimes long, and sometimes short, and sometimes return at set times, and at others keep no certain period; but upon the approach of death they follow one another very quick. Children are subject to a drowsiness in the intervals, till they are rouzed by a fresh fit.

3. Apply a blistering plaster immediately to the neck.

Take of compound piony water, three drams; liquid laudanum, a drop or two, or more drops, according to the age of the child; syrup of piony, a dram; mix them together for a draught to be taken directly.

Take of the distilled water of rue, three ounces; compound piony water, and compound briony water, each an ounce;

ounce; syrup of clove-july flowers, half an ounce; mix them together for a julap, a spoonful of which is to be given the child every hour, if the draught above prescribed does not remove the fit.

Of the Rickets.

1. THE rickets are attended with a laxness, flaccidity, weakness, and unequal nutrition of the parts of the body: thus, — the head is over large; — the face too full and florid; — the muscles of the neck wear away; — knotty excrescencies appear in the joints, especially in the wrists, but less in the ancles; — the tops of the ribs are swelled; — the bones grow crooked, especially those of the legs, the arms, neck, and sometimes also the shoulders and thighs; — the teeth come slowly and painfully, and grow loose, black, and fall out by pieces; — the thorax is strait, and the sternum rises in a point; — the abdomen and hypochondria swell; — a cough, and disorders of the lungs succeed; — and the patient cannot sometimes lie on the right side, and sometimes not on the left.

Take of the leaves of common wormwood, the lesser centaury, white horehound, germander, scordium, common calamint, feverfew, meadow saxifrage, St. John's wort, golden rod, wild thyme, mint, sage, rue, holy thistle, penny royal, southernwood, camomile, tansey, and lily of the valley, all fresh gathered, and cut small, of each one handful; hog's lard, four pounds; sheep's suet, two pounds; claret, a quart; infuse them together in an earthen vessel upon hot ashes for sixteen hours, then boil them till the aqueous moisture is exhaled, and lastly, press out the ointment, with which let the abdomen, hypochondria, and other affected parts, be anointed for the space of thirty or forty days, or till the child gets well.

Take

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Take of each of the ingredients above prescribed, two handfuls; infuse them without heat in four gallons of beer, brewed without hops, and let it be used for common drink.

2. In swellings of the belly in children, occasioned by immoderate evacuations, the blood and the viscera ought to be strengthened with strengthening herbs, as in the true rickets; but the arm pits only, and not the limbs, must be anointed with the liniment above prescribed.

Of Fevers caused by Dentition,

1. GIVE two, three, or four drops of hartshorn, according to the age of the child, in a spoonful or two of black cherry water, or some other suitable vehicle, every four hours, for five or six times.

Of a hectic Fever in Children.

1. IN this disorder, children languish without much heat, lose their appetite, and the body and limbs waste away.

2. Infuse two drams of rhubarb, sliced thin, in a quart of small beer, and let the child use it for common drink; and this being finished, pour another quart of small beer upon the same rhubarb, and so a third time. But if it purges too much at first, after the child has drank a pint of it, add another pint of small beer to the remainder.

Of the Convulsive, or Hooping Cough in Children.

1. THIS otherwise obstinate, and almost incurable disorder, yields to bleeding and repeated purging only; though none but lenient purgatives are proper here, and must be exhibited by spoonfuls, suiting the dose to the age of the child.

Of

Of the Bleeding at the Nose.

1. THIS complaint is accompanied with pain and heat in the fore part of the head.
2. Bleed often in the arm, and order a cooling and incrassating diet, along with a cooling and thickening julap, and a cooling emulsion.
3. Give a cooling glyster every day, and an opiate of syrup of white poppies every night; and exhibit my common purging potion once or twice a week.
4. Apply a piece of linen four times doubled, dipt in a solution of sal prunella, in cold water, and gently squeezed out, to the nape and both sides of the neck often in a day.
5. And after due evacuations, let the following liquor be used:

Take of Hungarian vitriol, and rock allum, each an ounce; the phlegm of vitriol, half a pint; boil them together till the salts are dissolved; filter the liquor when it is cold, and separate it from the chrystals that shoot between whiles; lastly, add a twelfth part of oil of vitriol to the remaining liquor.

Or, which is better,

Take of plantain water, three ounces; Armenian bole, very finely powdered, half an ounce; mix them well together: put up a tent of lint, dipt in the mixture, into the bleeding nostril, and keep it there two days.

6. If these applications avail not, make a solution of Roman vitriol in common water; dip a tent therein, and thrust it up the nose: compresses dipt in this liquor, and applied to the part affected, stop any outward bleeding.

Of

Of the Chlorosis, or Green Sickness.

1. THIS indisposition is attended with—a bad colour of the face and whole body;—a swelling of the face, eyelids, and ancles;—heaviness of the whole body;—a tension and lassitude of the legs and feet;—difficult respiration;—palpitation of the heart;—pain in the head;—feverish pulse;—drowsiness;—an unnatural longing for such things as are noxious, and unfit for food; and—*a suppression of the menstrual discharge.*

2. Let the steel pills, or powder, ordered in the hysterical passion, be taken in a dose adapted to the age of the patient, with a few spoonfuls of wine in it, or of the strengthening infusion made with the roots of angelica there set down. And if the patient be not very weak, give her a purge or two, before putting her into this course of medicine.

Of the Suppression of the Menses.

1. THIS disorder is accompanied with—*a loathing of food;—bad colour;—universal indolence;—pain in the forepart of the head, abdomen, loins, and legs; and—a swelling of the feet.*

2. The same medicines are to be prescribed in this case as in the hysterical passion; but if it yields not to them, the following process must be directed:

3. Exhibit five spoonfuls of the hysterical jalap without castor, with twelve drops of the spirit of hartshorn, every morning, and at four in the afternoon, and a scruple of the troches of myrrh, made into a bolus, or pills, with syrup of mugwort, every night at bed time.

Of Vomiting, or Spitting of Blood.

1. A SPITTING of blood is accompanied with pain and heat in the breast, and some kind of debility.

2. Take away ten ounces of blood from the right arm, and next morning give my common purging potion, and the same night an opiate.

Take of the black cherry water, three ounces; syrup of white poppies, an ounce: mix them together for a draught.

3. Then let the patient begin to take the following medicines:

Take of Armenian bole, an ounce; comfrey root, in powder, two drams; sealed earth, blood stone, and dragon's blood, of each a dram; fine sugar, the weight of all the other ingredients; mix them together for a powder, a dram of which is to be taken every morning, at five in the afternoon, and at night, drinking four ounces of the following apozem upon it:

Take of the leaves of plantain, the bramble, and yarrow, each a handful; boil them in a sufficient proportion of water to a pint and half; and dissolve two ounces of the syrup of comfrey in the strained liquor; mix them together for an apozem.

Or, instead of it, let the patient take six spoonfuls of the following tincture:

Take of the leaves of red roses, and the inner bark of oak, each half an ounce; the seeds of plantain, a little bruised, three drams; spring water, a quart; spirit of vitriol, enough to give it a grateful acidity; infuse them together in a close vessel, with a gentle heat, for four hours; to the strained liquor add three ounces of small cinnamon water, and fine sugar enough to give the tincture an agreeable taste.

4. If he has an aversion to powders, he may use the electuary prescribed in the immoderate flux of the menses.
5. Let a glyster be given every day, and a dose of syrup of poppies every night at bed time.
6. Bleeding is also to be repeated again, as there is occasion, a first, second, or third time, at convenient intervals, and the purging potion given once more, if necessary.
7. A cooling and thickening diet is to be used.

Of the Puncture of a Tendon.

IN this case a watery humour, or ichor, flows continually from the orifice of the opened veins :

Take of the roots of the white lily, four ounces ; bruise and boil them till they grow soft in a quart of milk ; then add oatmeal and linseed flour, of each three ounces ; boil them to the consistence of a cataplasm in the milk wherein the white lily roots have been boiled ; and apply it to the parts affected morning and night.

Of Burns.

BATHE the part affected with a piece of linen dipt in spirit of wine till the pain ceases ; and renew the application three or four times a day.

Of the common Madness.

1. THIS disorder proceeds from the over richness and spirituousness of the blood. But there is also another kind of madness, that succeeds an intermittent of long standing, and at length degenerates into ideotism, which arises from the depressed state of the blood, occasioned by its long fermentation. In this case, therefore, strong cordials are to be prescribed, such as *Venice* treacle, the electuary of the egg, the Countess of

Kent's

Kent's powder, Sir Walter Raleigh's cordial, and the like, in plague water, or any similar vehicle, along with a restorative diet.

2. But in the disorder under consideration, take away eight or nine ounces of blood from the arm in young subjects, and repeat the operation twice or thrice, at the distance of three days between each bleeding, and then bleed once in the jugular. Afterwards the cure depends wholly upon the use of the following purgative, which must be administered every third or fourth day, till the patient recovers: observing in the mean time to omit it for a week or a fortnight, after the patient has been purged eight or ten times:

Take of the roots of white briony in powder, a dram; milk, four ounces; mix them together for a draught.

Or, *Take of the root of white briony, half an ounce, or six drams; let them stand a night in infusion, and dissolve an ounce of syrup of violets in the strained liquor: mix the whole for a draught.*

Or, *Take of gamboge, fourteen grains; black cherry water, three ounces; syrup of clove-july flowers, half an ounce: mix them together for a draught.*

Of Bruises.

1. TAKE away ten ounces of blood from the arm of the affected side, and next morning exhibit the common purging potion, and then repeat bleeding and purging by turns in this manner, till the cure is completed. In the mean time, if the inward parts be hurt, let the following medicine be used:

Take of the common pectoral decoction, a pint and half; syrup of violets and maiden hair, of each two ounces: mix them together for an apozem, half a pint of which is to be taken thrice a day.

2. A spoonful of fresh-drawn oil of sweet almonds may be given often.

Take of the oil of sweet almonds, ointment of marshmallows, and pomatum, each an ounce; mix them together for a liniment to anoint the affected part with, morning and night, covering it with a cabbage leaf.

Of the Scurf, or furfuraceous Eruptions of the Head.

1. EXHIBIT the common purging potion, and afterwards anoint the whole head with the following liniment, rubbing it in well, and then cover it with a bladder:

Take of oil of bitter almonds, and bay leaves, and the ashes of southernwood, of each an ounce; mix them well together for a liniment.

2. The head should be shaved in the first place, and then the scales rubbed off every morning by degrees, as they grow loose.

Of the Bite of a Mad Dog.

IN forty days, or more, after the bite, the signs of melancholy appear, a fever, thirst, hydrophobia, or dread of water; and at length convulsions of the extremities:

Take of highly rectified spirit of wine, four ounces; Venice treacle, an ounce; make a mixture of them, with which let the wounded part be bathed thrice a day, covering it with a piece of linen dipt in the same.

Of an Ulcer of the Bladder.

1. THE symptoms in this disease are, voiding of fetid matter, or blood, and sometimes membranous pellicles

pellicles like furfuraceous scales, along with the urine : —a continual *dysuria*, and pain in the urinary passages.

2. In an ulcer of the kidneys, fleshy excrescencies of a different thickness are voided with the urine ; —the *dysuria* and pain come by intervals ; —the matter also that comes from the kidneys is more copious, and likewise white and thin, and not fetid ; —the urine looks like milk when it is first made, but after standing a considerable time, the matter separates from it, and falls to the bottom :

Take of the plaster called the flower of ointments, three drams ; make it into nine pills, three of which are to be taken in the morning, at four in the afternoon, and at bed time, with six spoonfuls of the following distilled water after them :

Take of the roots of fennel, comfrey, birthwort, and avens, of each three ounces ; the leaves of agrimony, St. John's wort, sanicle, and plantain, of each six handfuls ; the ingredients being sliced and bruised, pour thereon white wine and milk, of each two quarts ; and afterwards draw off only two quarts for use.

Take of comfrey root, and gum arabic, each an ounce ; fine sugar, two ounces ; make them into a powder, a spoonful of which must be taken twice a day.

Of an obstinate Asthma in Sanguine Constitutions.

1. THERE are three kinds of this disorder : (1.) a *dyspnœa*, which is a dense, quick, and difficult respiration, without a stertor or rattling, and proceeds from a stuffing of the lungs ; (2.) an *asthma*, which is a quick and difficult respiration, accompanied with violent motions of the diaphragm, intercostal and abdominal muscles, and a rattling in the throat. In the former species the lungs themselves, and in the latter the bronchia are stuffed ; (3.) an *orthopnœa*, which is the greatest

est difficulty of breathing, insomuch that the patient cannot breathe but in an erect posture, and is attended with violent motions of the muscles of the breast and shoulders.

2. Take away ten ounces of blood from the right arm, and next day give the common purging potion, which must be repeated twice more, once every third day.

3. On the intermediate days of purging let the following medicines be used :

Take of the seeds of anise, finely powdered, two drams ; Locatellus's balsam, enough to bring it into a mass for pills, and make six pills of a dram, three of which are to be taken every morning, and at five in the afternoon, drinking four ounces of the bitter decoction without purgatives, warm, after them.

4. If the disorder does not go off, let the whole process be repeated.

Of the Palsey.

1. THE palsey is a total deprivation or diminution, either of the motion or the sense of feeling in the affected parts, or of only one of them.

2. Two scruples of the lesser *pil. cochiae* must be exhibited every other day for six days, and afterwards two drams of the antiscorbutic electuary, with six spoonfuls of the antiscorbutic water hereafter prescribed for a scurvy, thrice a day, for the space of thirty days.—
Pag. 473. vol. ii.

Take of the nerve ointment, three ounces ; compound spirit of lavender, and spirit of scurvy grass, each an ounce and half ; mix them together for a liniment, with which the affected parts, as the spine, &c. are to be anointed morning and night.

3. Most

3. Most of the remedies we shall there set down, though they should seem appropriated only to the cure of the scurvy, yet inasmuch as they are best adapted to volatilize crude and fixed humours, are likewise proper in the palsey.

Of a Cough and a Consumption.

1. A COUGH discovers itself; but a consumption attacks persons from eighteen to thirty-five years of age, the signs of which are, a wasting of all the parts of the body;—a hectic fever, discoverable by the quickness of the pulse, flushing of the cheeks, and its increasing after eating;—the matter expectorated by coughing is either bloody or purulent, sinks in water, and being thrown into the fire emits a fetid smell, and these symptoms are succeeded by night sweats;—a lividness of the cheeks at length;—paleness of the face, and sharpness of the nose;—sinking of the temples;—incurvation of the nails;—falling of the hair, and a colliquative looseness; which latter symptoms foreshow immediate death.

2. If the cough be recent, and unattended with a fever, or the other concomitants of a bastard peripneumony, and does not succeed a pleurisy or peripneumony ill cured for want of sufficient bleeding, the patient need only forbear wine and flesh, and use the following remedies at pleasure:

3. Let ten drops of balsam of sulphur with oil of aniseed be taken in a small spoonful of fine sugar, twice or thrice a day, and one of the following troches often, which should be carried in the pocket for this purpose:

Take of sugar candy, a pound and half; boil it in a requisite proportion of common water till it sticks to the ends of the fingers; then add powder of liquorice, elecampane, anniseed, and angelica, of each half an ounce; powder of Florentine orice root, and flour of sulphur, each two drams; oil of anniseed, two scruples; mix them

them together according to the rules of art, and make them into troches, to be entitled family troches.

4. The following linctus should be used at the same time:

Take of the oil of sweet almonds, two ounces; syrup of maiden hair and violets, of each an ounce; sugar candy, enough to make them into a linctus, to be taken frequently off a liquorice stick, when the cough is troublesome.

5. If the matter expectorated be thin, an incrassating linctus should be exhibited.

6. But if the cough yields not to this treatment, and especially if it be attended with a fever, or succeeds a pleurisy, or peripneumony, it would be trifling to trust to pectorals, inasmuch as it must be cured by bleeding and purging, according to the method above delivered for the cure of the bastard peripneumony; it would be trifling to trust to pectorals, inasmuch as it must be cured by bleeding and purging, according to the method above delivered for the cure of the bastard peripneumony.—Pag. 415. vol. ii.

7. And if notwithstanding this procedure, the cough does not only continue troublesome, but by long shaking the lungs has weakened them so much, as at length to cause a consumption, recourse is to be had to the following method:

8. Give ten drops of balsam of *Peru*, in a spoonful of syrup of ground ivy, or, if that be disagreeable, in a spoonful of sugar, thrice a day, with four ounces of the bitter decoction without purgatives after it, or only three ounces, if the former quantity open the body.

9. But the best remedy hitherto discovered in this case, is riding sufficiently long journeys on horseback, provided this exercise be long enough continued: observing that the middle aged must persist in it much longer

longer than children, or young persons. For, in reality, the *Peruvian* bark is not more certainly curative of an intermittent fever, than riding is of a consumption, at this time of life.

Of the Scurvy.

1. THE scurvy is accompanied with spontaneous lassitude;—heaviness;—difficulty of breathing, especially after exercise;—rotteness of the gums;—fetid breath;—frequent bleeding at the nose;—difficulty of walking;—a swelling sometimes, and sometimes a wasting of the legs, on which spots always appear, that are either livid, or of a lead, yellow, or purple colour, and a fallow complexion.

2. Let eight ounces of blood be taken away from the arm, provided there be no sign of a dropfy, and next morning give my common purging potion, and repeat it a third time, interposing three days between each time of taking it.

3. On the intermediate days of purging, let the following medicines be taken, and the use of them continued for a month or two afterwards:

Take of the conserve of garden scurvy grass, two ounces; conserve of wood sorrel, an ounce; compound powder of wake robin, six drams; syrup of oranges enough to make them into an electuary, of which let the quantity of a large nutmeg be taken every morning, at five in the afternoon, and at night, with six spoonfuls of compound horseradish water, or the following distilled water after it:

Take of the root of horseradish, sliced thin, two pounds; the root of wake robin, a pound; the leaves of garden scurvy grass, twelve handfuls; mint, sage, water cresses, and brook lime, of each six handfuls; scurvy grass seed, a little bruised, half a pound; nutmegs half an ounce;

ounce; white wine, six quarts; draw off only three quarts for use in a common still.

4. Or distil scurvy grass, fresh gathered for the same purpose. The patient ought likewise to use the following medicated beer for common drink:

Take of the root of horseradish, fresh gathered, two drams; twelve leaves of scurvy grass, six raisins stoned, and half a Seville orange; bruise and slice the ingredients, and infuse them in a large glass vessel, well corked, in a quart of small beer.

5. Let six bottles of this beer be made at one time, and in a few days, before it be finished, six more, and renew them for the future in the same manner.

6. Or instead of this beer, three or four spoonfuls of the following mixture may be added to every draught of the patient's common drink:

Take of the root of horseradish, and the seeds of scurvy grass, of each half an ounce; the leaves of scurvy grass, two handfuls; and a Seville orange without the peel; bruise them together in a marble mortar, pouring thereon by degrees half a pint of white wine; and afterwards press out the liquor gently and set it by for use.

7. The same remedies are likewise very beneficial in the scorbutic, or hysterick rheumatism, except bleeding and purging, which must not be used in these distempers.

Of the Gout.

1. THIS distemper comes towards the latter end of January, or the beginning of February, and begins commonly about two in the morning, with a pain in the great toe, but sometimes in the heel, the ankle, or the calf of the leg; immediately, a chilness, shivering,

ing, and slight fever succeed, the pain increases gradually every hour, and the chilness and shivering abate in proportion as the pain grows more severe, which at length comes to its height towards night, sometimes resembling a violent tension, sometimes the gnawing of a dog, and sometimes a weight and constriction of the parts affected, which becomes so exquisitely painful, that the patient cannot bear the weight of the cloaths upon it, nor the shaking of the room from a person's walking briskly therein. The pain does not abate till two or three the next morning, that is, in twenty-four hours from the beginning of the fit, when the patient being in a breathing sweat, falls asleep, and at waking finds the pain much abated, and the part affected newly swelled. A slight pain is felt next day, and sometimes the two or three following days, which increases towards evening, and remits towards break of day. In a few days it seizes the other foot in the same manner, and after attacking both feet, the subsequent fits prove irregular both with respect to the time of seisure and their duration; and what we term a fit of the gout is made up of a number of these small fits, and goes off sooner or later, according to the age of the patient. Thus for instance, in strong constitutions, and such as seldom have the gout, the fit often goes off in a fortnight; but in the aged, and those that have frequent returns of the disease, it lasts two months; and in such as are more debilitated, either with age or the long continuance of the distemper, the fit does not go off till the summer advances, which drives it away.

2. During the first fortnight the urine is high coloured, and lets fall a red gravelly sediment, and the patient is usually costive. A loss of appetite, and a chilness of the whole body towards evening, accompany the fit throughout; and when it is going off, a violent itching seizes the affected foot between the toes, and afterwards the skin of it peels off by scales.

3. In

3. In this state of the distemper the pain only affects the foot; but when the gout is exasperated either by wrong management, or long continuance, so that the substance of the body is in a manner changed into gouty matter, it then seizes the hands, wrists, elbows, knees, and other parts; sometimes rendering one or more fingers crooked, by degrees destroying their motion, and forming at length stony concretions in the ligaments of the joints, like chalk, or crabs eyes. Sometimes it occasions a whitish swelling upon the elbow, almost as large as an egg, which gradually inflames and grows red. Sometimes it seizes the thigh, which seems to sustain a great weight, yet without much pain, and thence gaining the knee, attacks that part more violently, and the limbs are now so contracted and disabled, that the patient halts with pain. The urine resembles that which is voided in a diabetes, and the back and other parts itch much towards bed time.

4. After many severe fits, the subsequent fits are less painful, nature being partly oppressed by the large quantity of peccant matter, and partly by old age; but instead of the usual outward pain, the patient is seized with a sickness at the stomach, pain in the belly, spontaneous lassitude, and sometimes a tendency to a looseness. Upon the return of the pain into the joints the symptoms go off, and the pain and sickness coming thus by turns, prolong the fit considerably.

5. In many persons the gout breeds the stone in the kidneys. It seldom attacks women, and only the aged of this sex, and those of a masculine habit of body. Children and young persons rarely have it.

6. The curative indication consists in strengthening the digestive powers, having first carried off the foul humours, and this is done either by medicine, diet, or exercise, or any other of the non-naturals.

7. Bleed.

7. Bleeding, purging, and sweating, do not answer the end ; though in such as have the stone in the kidneys, and in consequence thereof make bloody urine, it is proper to open the body once a week with a dose of manna, and exhibit an opiate in the evening after the operation.

8. The medicines that answer the above-mentioned intention, are such as are moderately heating, and are either bitter, or of a mild pungent taste. For instance, the roots of angelica, and elecampane, the leaves of wormwood, the lesser centaury, germander, ground pine, and the like ; whereto may be added such as are entitled antiscorbutics, as horseradish root, garden scurvy grass, water cresses, and the like : but these, as they agitate the morbid matter, and increase the heat, must be used more sparingly than the former, which by their mild heat and bitterness strengthen the stomach. The following electuary and distilled water are no contemptible medicines :

Take of the conserve of garden scurvy grass, an ounce and half ; the conserves of Roman wormwood, and orange peel, of each an ounce ; candied angelica and nutmeg, each half an ounce ; Venice treacle, three drams ; compound powder of wake robin, two drams ; syrup of orange enough to make the whole into an electuary, two drams of which are to be taken twice a day, with five or six spoonfuls of the following distilled water after it :

Take of horseradish root, sliced, three ounces ; garden scurvy grass, twelve handfuls ; water cresses, brook lime, sage, and mint, of each four handfuls ; the peel of six oranges ; and two nutmegs bruised ; Brunswick beer, or mum, six quarts ; draw off only three quarts, for use, by the common still.

9. These digestive medicines are to be taken daily with

with great exactness, and especially in the intervals of the fits.

10. Such a moderation should be observed in point of diet, as, on the one hand, to avoid eating more than the stomach can digest, and on the other hand, not to be so over abstemious, as to rob the parts of the proportion of nourishment requisite to keep up the strength. As to the quality of the food, the patient's palate is to be consulted, but he ought to eat only of one kind at a meal; as to the rest, excepting flesh, he may eat other things at pleasure, provided they are not acid, salted, or highly seasoned. As to the time of eating, it is best to be content with a dinner only, and instead of a supper, to drink a draught of small beer, which is preventative of the growth of the stone.

11. The best liquors for gouty persons are such as are weaker than wine, and not so weak as water, lest they hurt the stomach by their coldness. Of this kind is our small beer, or wine diluted well with water, for water by itself is pernicious: but when the whole substance of the body is in a manner degenerated into the gout, the patient should forbear all fermented liquors, even of the softest and smallest kind, and use the following diet drink for common drink; beginning with it immediately after the fit is gone off, and continuing it for the remainder of life:

Take of sarsaparilla, six ounces; saffras wood, China root, and the shavings of hartshorn, each two ounces; liquorice root an ounce; boil them together in two gallons of spring water for the space of half an hour, and afterwards infuse them upon hot ashes, close covered, for twelve hours; then boil them till a third part of the liquor is exhaled; and as soon as it is taken off the fire, infuse therein half an ounce of anniseeds for two hours; strain it off, and lastly, let it rest, till it grows clear, and bottle it for use.

12. But

12. But if the patient, either from a long continued and over free use of strong liquors ;—from old age, or extreme weakness, cannot digest his food without wine, he may drink a glass of *Spanish* wine at meals, and leave off the diet drink.

13. The patient should both go to bed and rise early, especially in winter, keep his mind easy, and avoid too much application to study and business.

14. But the best remedy is moderate exercise daily used: as to the kind, riding on horseback, or in a coach in a healthy air, is to be preferred, if not contra-indicated by age, or the stone. Venereal pleasures must not be indulged, and all outward applications should be forborn.

15. But though nothing of moment must be attempted in the fit, yet the patient should forbear flesh for a few days in the beginning of it, and instead thereof use water gruel, or the like aliment; but if the spirits are subject to be disordered, the patient should refrain flesh no longer than the stomach is set against it; but he must carefully guard against all errors in the quantity or quality of the diet.

16. The symptoms endangering life must be relieved; the most frequent of which are, the faintness of the stomach, attended with gripings, as if occasioned by wind; in which case nothing is so effectual as a small draught of canary now and then, using exercise at the same time. But if some violent symptom threatens immediate death, (provided the head be not affected) we must have recourse to laudanum directly, exhibiting twenty drops of it in a small draught of plague water, and the patient must compose himself to rest in bed. But if, through some error committed in the use of the non-naturals, a violent sickness at stomach succeeds, with vomiting and gripings, and the limbs at this time, from the striking in of the morbid matter, are free from

from pain, and better disposed to motion than ordinary, the following method is to be used, which formerly snatched me from imminent death. Let the patient drink a gallon of posset drink, or small beer, and as soon as it is all thrown up again by vomiting, give him a small draught of canary, with eighteen drops of laudanum in it. And if the symptoms yield not to this treatment, let a sweat be raised morning and night for two or three days running, and kept up for two or three hours at a time, by a method and medicines adapted to procure it.

17. A translation of the morbid matter to the lungs, the limbs in the mean time being freed from the pain and swelling, is to be treated like a true peripneumony, *viz.* by repeated bleeding, cooling and thickening medicines, and a regimen of the same kind, and purging with lenient purgatives in the intervals of bleeding: but raising a sweat is prejudicial in this case.

Of a Consumption.

1. THERE are several kinds of consumption. The first mostly arises from taking cold in winter; abundance of persons being seized with a cough upon the coming in of cold weather, a little before the winter solstice, which happening to such as have naturally weak lungs, these parts must needs be still more weakened by frequent fits of coughing, and become so dis-eased at length hereby, as to be utterly unable to assimilate their proper nourishment. Hence a copious crude phlegm is collected, which by the continual agitation of the lungs, occasioned by the vehement cough accompanying this distemper, is plentifully expectorated. The lungs being hereby supplied with purulent matter, taint the whole mass of blood therewith, whence arises

arises a putrid fever, the fit whereof comes towards evening, and goes off towards morning with profuse and debilitating sweats. Lastly, to close the scene, a looseness succeeds, occasioned partly by corrupt humours, discharged from the mesenteric arteries into the intestines, and deposited there, and partly by the weakened tone of the viscera; and thus the patient perishes at length the following summer by a distemper occasioned by the foregoing winter. And this is the principal kind of this disease.

2. Moreover, as the blood in winter abounds with moist particles, and perspiration is too much checked by the sudden contraction of the pores, these particles insinuate themselves into the lungs, through the ramifications of the arterial vein, or pulmonary artery, which runs through the whole substance of the lungs, or are discharged by the salival ducts, and deposited in the glands of the throat, whence the humour being now fallen through the aspera arteria upon the lungs, irritates these parts continually, like a catarrh, and the frequent and violent fits of coughing soon cause the weakness and other symptoms above enumerated. And when the lungs lose their natural tone, tubercles ordinarily breed therein, which, upon viewing the lungs of those that perish by this distemper, generally appear filled with a purulent matter.

3. When this disease is confirmed, it for the most part proves incurable. The cure, however, may be attempted, by lessening the cause of the defluxion upon the lungs, by bleeding and mild purgatives joined with pectorals, suited to the different states of the disease: for instance, exhibiting incrassants when the humour is too thin to be expectorated, and attenuants when it is thick, and expectorated with difficulty.—The hectic fever must likewise be checked by cooling medicines; such as asles milk, milk water, emulsions

made of sweet almonds, the seeds of melons, pumkins, and white poppies, cowslip flower water, and the like.—Lastly the cure of the ulcer must be undertaken; for which purpose the liquid turpentine, vulgarly called opobalsamum, is esteemed an excellent remedy.

4. The cure of this disease, in my opinion, is most successfully attempted in the following manner:—First bleed in the arm, then purge three days with the greater pil. cochiæ, or my common purging potion, and the third night give half an ounce of syrup of white poppies.—After an interval of two or three days give another purge, and repeat it as often as there is occasion, till the symptoms either go quite off, or at least abate.—After the operation of every purge, let the patient take twenty drops of opobalsamum upon a piece of fine sugar, without drinking after it, or a pill made of Chio turpentine, and fine sugar: but opobalsamum is not to be used unless suitable evacuations have been previously made. An electuary may be substituted instead of it, made of *Locatellus*'s balsam, liquorice powder, aniseeds, and turpentine.—After using evacuations, care must be had to abate the cough, for fear the lungs should be weakened by the continual agitation thereby caused. And for this purpose syrup of white poppies is the best remedy, and may be administered in the following form:

Take of the pectoral decoction, a pint; syrup of white poppies, and maiden hair, of each two ounces; mix them together, and let five spoonfuls be taken three times a day.

5. This medicine being frequently used, will abate the defluxion upon the lungs in some measure, and help to recover their former tone, unless the weakness has been of a long standing, and will likewise promote

promote the concoction of the purulent matter lodged therein.

6. But the principal assistant in the cure of this disease is riding on horseback every day; insomuch that whoever has recourse to this exercise in order to his cure, need not be tied down to observe any rules in point of diet, nor be debarred any kind of solid or liquid aliment, as the cure depends wholly upon exercise. Some persons that have been recovered by this method, have been seized with a tumour in the neck, not much unlike those in the king's evil.

7. (2.) There is another kind of consumption, proceeding from a cough, which comes at a different season of the year, namely, at the beginning of summer, and frequently attacks young persons of weakly constitutions, whose blood is over-flocked with hot acrimonious particles. Having over-heated themselves by drinking wine too freely, they force up blood from the lungs by coughing, and feel a slight sort of pain in those parts: and these symptoms not being removed in due time by proper remedies, first an hoarseness, and soon after an ulcer is generated in the lungs, whence pus is at length expectorated.

8. This kind of consumption is easily cured, at least in the beginning, by bleeding and purging twice alternately, along with a cooling and thickening diet, and a total abstinence from flesh.

9. (3.) The third kind of this distemper arises from the translation of febrile matter to the lungs in the declension of a fever, which being more debilitated hereby, are attacked with the symptoms just enumerated.

10. Sometimes a consumption proceeds from the purulent matter left behind in a pleurisy, for want of having been plentifully enough expectorated, and requires the same treatment as an epyema.

11. (4.) Those that have been weakened by immoderate and two frequent evacuations are seized with a fourth kind of consumption, in which a hectic fever comes every night after supper; and these persons are most subject to aphthæ.

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T O

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} See Quinsey.

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